

3 May 2020

To all members of the St James Traditional Services

**A Weekly Word of Encouragement: Be at rest, O my soul**

Life is an emotional roller coaster: ups and downs, highs and lows. And Psalm 116 has it all! Read Psalm 116 reflectively.

The Lows:       anguish; overwhelmed by trouble and sorrow; tears; blaming others; feeling like dying; in great need.

The Highs:       feeling loved; thankful; praising; gratitude; secure.

This psalm has it all and the psalmist is able to express his wide-ranging emotions to God.

In all these emotional ups and downs, remember this: **you** are precious to God (v 5).

- so precious that He paid the ultimate price for you on the cross

- so precious that you receive the cup of salvation because He took the cup of divine wrath on sin for you

- so precious that even physical death is only the gateway to life which is richer and fuller

So, do what the psalmist does: call on Him, trust Him, love Him, thank Him; and be assured: He hears, He is gracious, He is compassionate, He is good, He saves.

Above all: be at rest, O my soul, because God is good.

(NB Psalm 116:12-13 is the text of the sermon preached by Rev. Richard Johnson at the first official Christian service on Australian soil, on 3 February 1788. The site is marked with an obelisk on the corner of Bligh and Hunter Streets.)

**Prayer:**

Lord, help me not to be ruled by my varying emotions, my fickle feelings or my anxious fears, but to fix my eyes of faith on your unchanging character revealed in your Word – to find rest for my soul in your love and goodness.

**Remember:**

- keep praying daily
- keep reading God's Word
- keep in touch with one another, and know that I am only a phone call away: 0438 455 493.

With Christian love,

Robert