

17 May 2020

To all members of the St James Traditional Services

A Weekly Word of Encouragement: Cast your cares on the Lord

Psalm 55 – a long psalm, if you like, read the whole psalm reflectively but take a special note of four verses and take them to heart.

- Longing to escape (v. 6): to have the wings of a dove, to flee, to be at rest – away from trouble, pain, threats and disappointment; free from pressures, responsibilities and demands. But in the end there is no shelter and rest apart from God; no other place to go. He has the words of eternal life (John 6:60). Find rest in Him.
- God hears your prayers (v. 16,17). In the midst of failed close relationships, failure in the church, failure in society - take it to the Lord in prayer. He hears, He saves, He rescues. So keep coming to Him and asking (Luke 18:1).
- The Lord cares for you (v.22). Hear the invitation and cast every care on Him. He won't take every trouble away, but He will give you strength to handle it. We can trust His presence, His Power and His wisdom to sustain us.

Prayer:

Lord, there are times I'd like to quit: life is often so hard. But in your presence I realise that no situation in my life is impossible. Lead me to Yourself to share every care with You, and help me to come to You more often with my needs. Be my constant sustainer and keep me on the path of life. Amen.

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