

## **Thoughts for the Day - Monday 30 March – Sunday 5 April by Melanie Seward (St Andrew's Lay Reader)**

### **Monday 30 March**

In the book of Genesis, we read 'Then God looked over all he had made, and he saw it was very good'. The existence of the virus in our corrupted world is very hard to understand and it's easy to be mesmerised by it; take time to look at the beauty of creation and be reminded of the profound goodness of God reflected in creation itself. Open a window and listen for the birdsong, listen to the wind whistling through the trees, wonder at the variety of cloud shapes, examine the intensity and the regularity of raindrops, watch for the rising of the moon and the sunset, look out at the stars if sleep evades you, or watch for the sunrise if you wake very early. The echoes of Psalm 19 reach us: 'The heavens proclaim the glory of God. The skies display his craftsmanship'.

### **Tuesday 31 March**

'Be still and know that I am God'. These words are from Psalm 46, a declaration of radical trust when facing a time of threat- for the psalmist this was war. Here the 'Be still', means hey, stop.... cease striving and inwardly recall that 'God is our refuge and strength, an ever-present help in trouble' (verse 1). In our time of national threat, we can take much from this.

In the stopping, we can awaken by reconnecting with our own emotions, the needs of our fellow human beings and with the love of God. Stuck indoors and physically isolated, our minds can still be as busy as they were a few weeks ago. Can we see this time as a gift? A time for taking opportunities to stop, to be silent, to reflect and to share.

***Song: Be Still and Know That I Am God  
by Tom Booth, Sarah Hart, and Carl Herrgesell***

*Be still and know that I am  
Be still and know that I am  
Be still and know that I am God.*

*When the storms surround you,  
only the rain has found you;  
be still and know that I am God.*

*When the dark is falling  
listen and hear me calling  
be still and know that I am God.*

*I am the voice inside you  
the love that always find you  
be still and know that I am God.  
I am the light to follow,  
my peace will still your sorrow;  
be still and know that I am God.*

*Ascend to the depths with me,  
breathe in eternity;  
for in you I dwell, the eternal well of my love.*

*So do not fear the quiet;  
My voice is in the silence;  
Be still and know that I am God.*

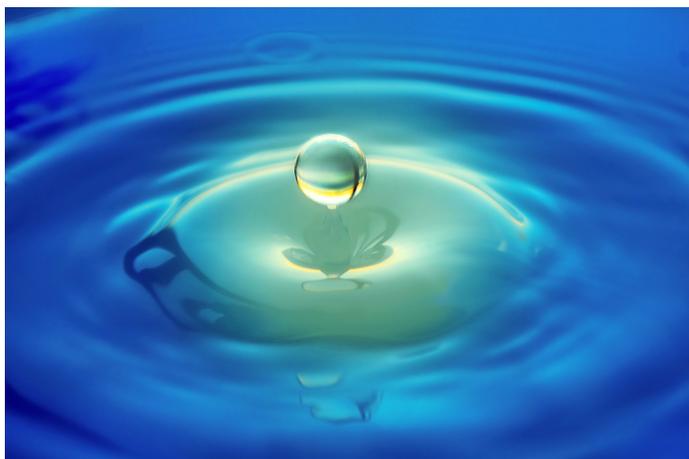
[https://www.youtube.com/watch?v=T\\_GJfd27i3k](https://www.youtube.com/watch?v=T_GJfd27i3k)

## Wednesday 1 April

In this time of people physically distancing and self-isolating whilst the government pronounces, we can all experience moments when we feel, at worst, helpless and, at best, 'What can I do?'

The Tibetan Buddhist writer revered as a spiritual teacher and enlightened one, Patrul Rinpoche (1808-1887), taught his disciples this saying.

*Do not take lightly small, good deeds,  
Believing they can hardly help.  
For drops of water, one by one,  
In time can fill a giant pot.*



A few of us will be able to actively volunteer in some way but the rest of us must remain in our households. Yet we are all being called to fill the giant pot. A 'drop of water' can be so many things: a wave from the window or a word over the

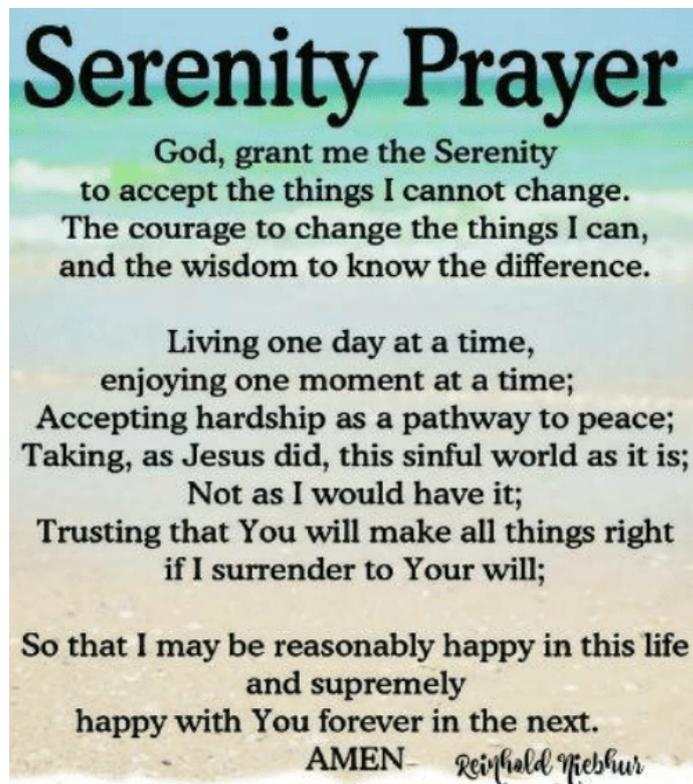
garden fence, a phone call or a text; a letter posted or a small gift delivered; and not least our prayers for one another as well as our leaders, medics and carers.

1 Peter 4. 8 from The Message

*Stay wide-awake in prayer. Most of all, love each other as if your life depended on it. Love makes up for practically anything.*

## Thursday 2 April

Listening to Radio Four, I heard an ex-astronaut talking about being in the space capsule and how to manage being 'confined' in one place and with no choice of company. What was her (yes, her!) tip to cope with such times? The answer: exercising control over the things you can control. Try to deliberately create a personal routine, delineate time of the day for different tasks and activities. Make a space for "me time", rest, communicate, be creative (astronauts take photos), read, make meals and do the chores etc. Leave the rest to God.



## Friday 3 April

A lesson from my dog!  
Live in the present, use a simple structure and take pleasure in the small things. Please let me out in the garden, feed me and say "hello". Take me for a walk, let me sleep, feed me again. Remember my tablets and put me to bed with a bedtime biscuit. Also, please show that you know that I am here... regularly; give me pats on the head and tummy rubs and don't remove the blanket on my half of the sofa! However, I do not worry about any of these things: I trust you.



But, seriously, this made me think about some rather special words of Jesus:

*And can any of you by worrying add a single hour to your span of life? And why do you worry about clothing? Consider the lilies of the field, how they grow; they neither toil nor spin, yet I tell you, even Solomon in all his glory was not clothed like one of these. But if God so clothes the grass of the field, which is alive today and tomorrow is thrown into the oven, will he not much more clothe you—you of little faith? Therefore do not worry, saying, "What will we eat?" or "What will we drink?" or "What will we wear?" For it is the Gentiles who strive for all these things; and indeed your heavenly Father knows that you need all these things. But strive first for the kingdom of God and his righteousness, and all these things will be given to you as well (Matthew 6. 27-33)*

## **Saturday 4 April**

The one certainty in the present, the future and even beyond death is the love of God.

St Paul writes, 'For I am convinced that neither death nor life, neither angels nor demons,[a] neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord' (Romans 8:38-39).



## **Sunday 5 April – Palm Sunday**

A Hymn for Palm Sunday...

Meekness and majesty manhood and deity  
In perfect harmony the Man who is God  
Lord of eternity dwells in humanity  
Kneels in humility and washes our feet

O what a mystery meekness and majesty  
Bow down and worship for this is your God  
This is your God

Father's pure radiance perfect in innocence  
Yet learns obedience to death on a cross  
Suffering to give us life  
Conquering through sacrifice  
And as they crucify prays Father forgive

O what a mystery meekness and majesty  
Bow down and worship for this is your God  
This is your God

Wisdom unsearchable God the invisible  
Love indestructible in frailty appears  
Lord of infinity stooping so tenderly  
Lifts our humanity to the heights of His throne

O what a mystery meekness and majesty  
Bow down and worship for this is your God  
This is your God  
This is your God



(By Graham Kendrick)