

## THOUGHT FOR THE DAY – June 2020

### June 2nd - I can do all things

I was talking to someone who is ready to evict his son and family who have been living with him and his wife for a number of months now. He is at the end of his tether! If you are really struggling perhaps these words from Tricia may help.

*"I can do all things through him who strengthens me."* Philippians 4:13

I find these words from Philippians really resonated with me as we come to terms with our current situation.

We find ourselves in an unnatural environment, if we are working from home; home schooling our children; working frontline in the NHS; working to keep the nation fed; staying indoors for most of the day; not seeing friends and family who we would see on a regular, even daily basis; celebrating a birthday just with who is at home. So we are all undergoing a massive change in lifestyle in all aspects of our lives. Most of us find change very difficult to come to terms with but the number of changes, their impact on everyday lives and the speed they have happened can be overwhelming for any one of us.

For those affected personally by Covid-19 it can be crippling and without the close support we normally have around us, a near impossible crisis for them to cope with.

Let us all hold on to these words from Philippians and be encouraged and help to encourage others that we have a God that will support us and who we can turn to at this time of trouble to express how we are feeling and to be able to lean on Him as we do not understand all that is happening. God is a patient God and will listen to us whatever we have to say and however we feel, be it in anger or in desperation he will be listening.

For those who may feel helpless in helping others at this time because of their own vulnerability or worries ask God how you can help others to feel encouraged and to feel they are not forgotten. God will give us the strength we need to get through this if we only call on Him and ask Him what he wants us to do and he will show us and give us all we need to do it or point us to those who can help.

### June 4th - James 1:27

Religion that God accepts as pure and without fault is this: caring for orphans or widows who need help, and keeping yourself free from the world's evil influence. James 1:27

I rather like this verse! It is James' way of saying "don't just talk the talk but also walk the walk" or "You might claim to be a good person but prove it by your actions."

As someone who suffers from depression I have discovered there is a balance between serving others and looking after myself. Too much serving others can leave me worn out and exhausted, too much self-care and I become self-centred and hard-hearted. Do look after yourself - time to yourself is vital but also don't become too self-centred, how can you bless others; a phone call, a card, a prayer for their well-being? Des



## THOUGHT FOR THE DAY – June 2020

### June 9th - Life can be a storm



Today's thought for the day is inspired by Sue (and her line manager).

The attached picture is St Mark's Church with our Rainbow flag to say thanks to NHS and key-workers.

Sue sent me this sentence

*"Sometimes the greatest storms bring out the greatest beauty .....*

*Life can be a storm but our hope is in a rainbow and your friends and family are the Gold at the end."*

When I did some informal research into when did people experience God, two unsurprising answers emerged from the majority of those I interviewed. The first was nature; when I'm out walking, when I see a sunset etc. The second was family; when I am with my family and suddenly think what a privilege to be part of this family.

The thought from Sue in a way captures both of these - the rainbow; a wonderful part of nature understood in the Bible as a sign of hope and promise of God's care and family; a unit God has placed us into that reminds of God's parenthood.

Des

### June 15th – Lament



I have noticed in my prayer life that I need a good rant at God every now and then. It is similar to when the atmospheric pressure builds and it becomes almost oppressive. Then the lightening cracks and the thunder rumbles and shortly afterwards the air is cleared; there is a freshness and a lightness; the balance is restored. Liz spoke about lament on Sunday at Church. Lament is when the frustration of life, the unfairness, the 'wrongness' just gets too much and we groan, moan,

explode, erupt to God - why!?! What are you doing!?! With Covid and lockdown and Government advice changing and rule breaking and protest and statues falling or being saluted Nazi style, maybe you need a thunderstorm before God a good old LAMENT to clear the pressure. I recommend Liz's talk - the link is below.

Des

Sunday Service on 14th June - Thoughts from Liz on the coronavirus pandemic

[https://www.youtube.com/watch?v=cl2O\\_GqW3UI](https://www.youtube.com/watch?v=cl2O_GqW3UI)

## THOUGHT FOR THE DAY – June 2020

### June 29th - A little gratitude goes a long way

The thought for the day is a simple one! - A little gratitude goes a long way.

The week before last I delivered 99 booklets to Epsom Downs and Shawley Schools - they were for the Year 6 students - those who will be going to 'big school' in September. My heart was warmed when a few days later I received a large envelope with thank you cards and letters from some of the students at Epsom Downs School. Of course the thank you is yours - well those of you who kindly donated money to buy the booklets. Thank You! from St Mark's and from Shawley and Epsom Downs Primary Schools.

