

Monday 17th April 2023

Romans Ch 8 v 26

In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us through wordless groans.

This passage describes the difference between our future and our present, as Christians. Our future as God's children and heirs of his kingdom is everything we long for. Our present, though, is a life of longing and patient waiting.

How do live in the meantime? Through the Spirit, God provides for us in many different ways on this side of eternity helping us in our weaknesses, Paul in this letter to the Romans is acknowledging here that even as Christians we remain weak. Physically, we remain creatures in fragile bodies with sometimes baffling emotions. Spiritually, we can become weak in our faith.

More specifically, Paul writes that we are so weak that at times we do not know *what* to pray for! We have been given access in prayer to our God. We feel the need and the longing for him but what do we ask for? Often help arrives when God knows what we need.

Tuesday 18th April 2023

Psalms 91 v 1

Whoever dwells in the shelter of the Most High, will rest in the shadow of the Almighty.

The psalmist is expressing his trust that God is a source of safety. When God has resolved to protect someone, nothing can overcome that safety.

Wednesday 19th April 2023

Psalms 136 v 23 & 24

He remembered us in our low estate
His love endures forever.
And freed us from our enemies.
His love endures forever.

The Psalmist is remembering a time when he and his people were at rock bottom. They were nothing more than slaves, living in poverty, they had lost their faith, their behaviour was sinful in the extreme and they were despondent. Small in number they thought God had forgotten all about them. Yet God still came to their aid and for this they were eternally grateful proving his love endures at all times.

Thursday 20th April 2023

Romans Ch 8 v 28

And we know that in all things God works for the good of those who love him, who have been called according to his purpose.

As human beings we dislike our lives being upset by pain, illness, arguments, work issues, gadgets breaking down, leaking pipes and we can display attitudes of anger, resentment and often feel life is unfair.

However Paul who wrote the above verse has suffered every sort of calamity and challenges this mindset. Difficulties in life are inevitable and he sees them as opportunities to grow. Yes the difficulties are hard at the time but we should turn to God to ask for help in moving through difficult circumstances whatever they may be.

We may then be better able to help others with their difficulties at a later date.

Friday 21st April 2023

2 Corinthians Ch 9 v 8

And God is able to bless you abundantly, so that in all things at all times, having all that you need, you will abound in every good work.

During the Great Depression many families struggled to make ends meet. One family had opened a charge account with the neighbourhood grocer the debt worried the father of the household greatly. On turning 16 his daughter got a job in a local shop. Her first pay check coincided with her father's birthday. Not having received any gifts for many a year she wanted to give him something he wouldn't forget. A carefully wrapped gift, when the paper removed, held a stack of receipts from the Grocers. All marked paid in full. In times of trouble an act of kindness such as this makes life beautiful for others and for ourselves.

Saturday 22nd April 2023

Matthew Ch 11 v 30

“For my yoke is easy and my burden is light.”

God promises he will bear our burdens, but first we have to hand them over to him in prayer. Many a person will confirm they have managed to deal with very difficult stressful situations with the the only explanation is God has given them his peace.

If any of us are carrying a burden we should take it to the Lord in prayer and experience the peace for ourselves.