



Create a peaceful space to pause, and allow yourself to feel God's presence alongside you, as near to you as your own breath. In following the reflection below, as a church we will draw closer to God and to one another as we grow in faith and deepen our sense of belonging to God.

## 2 Thessalonians 1: 1-4 'Thanks for Endurance'

<sup>1</sup> Paul, Silvanus, and Timothy, to the church of the Thessalonians in God our Father and the Lord Jesus Christ: <sup>2</sup> Grace to you and peace from God our Father and the Lord Jesus Christ.

<sup>3</sup> We must always give thanks to God for you, brothers and sisters, as is right, because your faith is growing abundantly, and the love of every one of you for one another is increasing. <sup>4</sup> Therefore we ourselves boast of you among the churches of God for your steadfastness and faith during all your persecutions and the afflictions that you are enduring.

Sir Ernest Shackleton, the Antarctic explorer, lived for a time in Eastbourne, and I have always been interested in his life story. His ship *Endurance* (below right) was launched in 1912, crushed in pack ice, and sank on 21<sup>st</sup> November 1915. Three lifeboats on board were saved and used to manage a life-saving ordeal famous in maritime history. It is a true, extraordinary story which has inspired generations.

One of the lifeboats, *The James Caird* is kept on view at my old school in London. During these past months one of the attributes needed more than most is that of endurance. It has been an inspiration to witness and read of personal triumphs in adversity. There have also been many tragic circumstances that perhaps could have been avoided. However, it behoves us all to do what we can for the benefit of as many as possible. Keeping in touch by all modern methods is part of 'endurance' today as well as taking every opportunity to help others. The future pattern of events allowed nationally is uncertain, but our daily devotional and practical lives of faith must act as our anchor in a turbulent world.

## 'Through All the Changing Scenes of Life'

Nahum Tate (1652-1715) and Nicholas Brady (1659-1726)

Through all the changing scenes of life,  
in trouble and in joy,  
the praises of my God shall still  
my heart and tongue employ.

Of his deliverance I will boast,  
till all that are distressed  
from my example comfort take,  
and charm their griefs to rest.

O magnify the Lord with me,  
with me exalt his name;  
when in distress to him I called,  
he to my rescue came.

The hosts of God encamp around  
the dwellings of the just;  
deliverance he affords to all  
who on his succour trust.

O make but trial of his love;  
experience will decide  
how blest are they, and only they,  
who in his truth confide.

Fear him, you saints, and you will then  
have nothing else to fear;  
make you his service your delight,  
your wants shall be his care.



**Prayer:** Loving Lord, we thank you that we can endeavour to follow in the footsteps of those who have lived lives that have honoured you by the endurance they have shown. We need you every hour most gracious Lord. Help us in our devotions that we may grasp the opportunities you give us throughout this, our short uncertain life and earthy pilgrimage. Amen.