



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.

**Psalm 3 'Trust in God in Adversity'**

<sup>1</sup> O Lord, how many are my foes!  
Many are rising against me;  
<sup>2</sup> many are saying to me,  
'There is no help for you in God.'

<sup>3</sup> But you, O Lord,  
are a shield around me, my glory,  
and the one who lifts up my head.

<sup>4</sup> I cry aloud to the Lord,  
and he answers me from his holy hill.

<sup>5</sup> I lie down and sleep;  
I wake again, for the Lord sustains me.

<sup>6</sup> I am not afraid  
of tens of thousands of people  
who have set themselves  
against me all around.

<sup>7</sup> Rise up, O Lord!  
Deliver me, O my God!  
For you strike all my enemies on the cheek;  
you break the teeth of the wicked.

<sup>8</sup> Deliverance belongs to the Lord;  
may your blessing be on your people!



**A Mediation on Psalm 3**

Troubles surround me on every side;  
day after day their numbers increase.

Time and again,  
I hear people say:  
"Where is this God you believe in?"

But I know that He is always beside me;  
I worship Him,  
and He will never leave my side.

When I call His name, He hears me;  
whether I wake or sleep,  
He gives me strength to go on.

I need not be afraid,  
whatever may befall,  
for my God is the certain hope  
of all who trust in Him.

O my dear Lord, I need faith!  
faith to enough to worship you,  
even when I cannot see your face;  
faith enough to know  
that you will never leave me,  
even when I cannot feel your presence;  
faith enough to be sure  
that you will answer my prayers,  
even when I cannot hear your voice.

Lord, give me such faith!  
Through the endless days  
and the lonely watches of the night,  
strengthen and support me, O Lord.  
Even if I cannot feel  
your loving arms around me,  
help me to know  
that they are always there;  
and, above all, take away my fear Lord,  
for you alone are the source of all hope  
to those who trust in you.  
Amen.