



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'

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

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

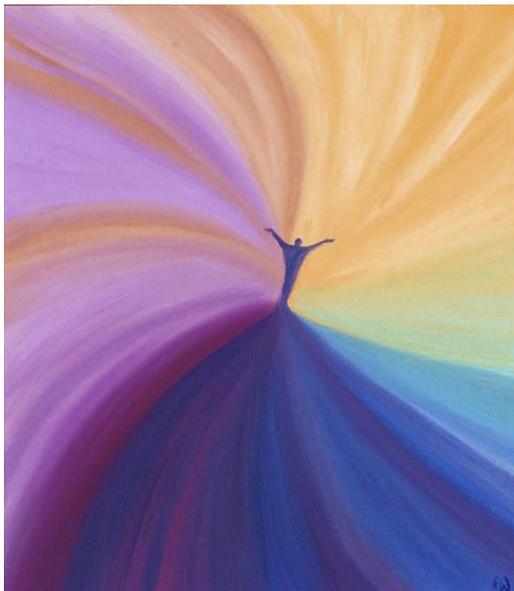
⁴ I cry aloud to the Lord,
and he answers me from his holy hill.

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

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

⁷ 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.

⁸ 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.