



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 62: 8 (CEV)

Trust God, my friends, and always tell him each one of your concerns.  
God is our place of safety.

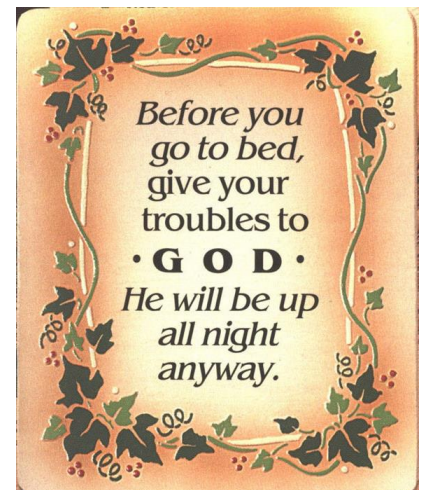
### Philippians 4: 6-7 (CEV)

Don't worry about anything.  
With thankful hearts offer up your prayers and requests to God.  
Then, because you belong to Christ Jesus,  
God will bless you with peace that no one can completely understand.  
And this peace will control the way you think and feel.

Do you find that you share different thoughts and concerns with different people, be they friends or family? Each will (usually) listen politely but it is interesting that their actual responses are different. Some will say "yes" or make polite noises and then change the subject. Others will immediately relate their own concerns or worries or activities, sometimes trying, it seems, to outdo you! But thankfully there are those who will enter into a heart to heart or, just as helpfully, say: "I will have a think and get back to you" and they do. We too may react in these and other ways when we are the "listeners".

But God is different. He always listens. He always has time for us. He wants us to share our worries, concerns and even our joys with him. He can be trusted and his response – even if it is wait or not yet, or even no! – is the right one to keep us on the path he knows is best for us and he will walk that path with us.

I was given this little plaque a long time ago and it sits in my bedroom, so that before I go to bed, I can be reminded to hand over my troubles to him as he is always awake, always ready to listen to you and me as we are his much loved children.



### **Prayer:**

May the verses of this hymn by Jenny Hewer (StF 519) be our prayer, especially this first verse.



*Father, I place into your hands  
the things I cannot do.  
Father, I place into your hands  
the times that I've been through.  
Father, I place into your hands  
the way that I should go,  
For I know I always can trust you.  
Amen.*

