Friday 3rd April

1 Samuel 30: 6

And David was greatly distressed, for the people spoke of stoning him, because all the people were bitter in soul, each for his sons and daughters. But David strengthened himself in the LORD his God.

This might seem a strange verse to encourage us today. To give you some background, David was in a terrible situation, having been overtaken by a raiding army, and having suffered great personal loss. His own troops were in great distress because of the grief and fear that they were experiencing and they were turning against him, so that David’s own life was under threat. But we know from the story of David, that he had a great history with the Lord. I can imagine him in this context, pacing along, determining to worship, reminding himself of all the times that God had answered his prayers and delivered him, crying out to the Lord. David knew where to look in times of difficulty and distress. He looked to the Lord. In Psalm 121, a very famous Psalm, David says ‘I lift my eyes to the hills, where does my help come from? My help comes from the Lord, the maker of heaven and earth’. Whatever your situation today, look to Him. Strengthen yourself in the Lord by lifting your eyes and heart in worship, reminding yourself of the promises of God, bringing to him in prayer all that is on your mind.

*Lord, we praise you for who you are – the creator of heaven and earth, the one who loves us and has promised that you will never leave us. Lord as we look to you, strengthen us in our innermost being we pray. Help us to turn to you as our first port of call in times of joy or in trouble.*

*We pray today for all those who are on the front line in the fight against the coronavirus. We thank you for the dedication and skill of all those serving in the NHS. We thank you for the cleaning staff in hospitals whose role is of such vital importance. We ask that you would support, strengthen and sustain them, with all that they need. Please be a shield around them, protecting them and their families. We pray too for those serving in our supermarkets. Bless them in their work as they serve the public in difficult circumstances. We pray for our pharmacists who are under pressure to deliver regular prescriptions but also trying to support those with coronavirus. Please help those involved in ongoing council services, funeral directors and social work. We pray in your mighty Name. Amen*

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Psalm 121, ‘I lift my eyes to the hills, where does my help come from? My help comes from the Lord, the maker of heaven and earth’