

Thought for the Day

Thought for the day is based on one of the day's lectionary readings.

For the Bible online, go to: <http://bible.oremus.org/>

Choose your version (we use NRSV in church)

Copy and paste the reference into the search box and the passage will be displayed.

Thursday 2 April

Psalm 40

This is a wonderful psalm of thanksgiving for salvation from 'the roaring pit' – some undefined but dreadful trouble. One day not too far ahead we pray that we will be able to gather and give thanks for deliverance from our current pit of suffering.

Notice as well the words of vs 7-8: '*Sacrifice and offering you do not desire...burnt offering and sacrifice you have not required...*' In those days and that culture, these were the normal forms of worship, whether in thanksgiving or repentance. But the writer realises that there are more important ways to respond to God. What are they? '*My ears you have opened...Lo, I come... I delight to do your will, O my God, your law is within my heart.*' The inner worship of sincere love of God, of obedience from the heart, is worth much more than outward forms.

Perhaps there could be something for us here today. We are deprived at present of our usual forms of corporate worship, our services and sacraments. We miss them sorely and long for the day when we can meet again around the Lord's table, and rightly so. But this enforced fast can focus our minds on what we still have, and that is a great deal. Our own personal prayers; our minds and hearts, turning to the Lord in love and trust, day by day. Our lives and actions in which we protect each other by staying home and observing the social distancing rules. Our service of each other by staying in touch with any in need around us and giving practical help where it can be done.

In the words of the prophet Micah: '*He has told you, O mortal, what is good; and what does the LORD require of you but to do justice, and to love kindness, and to walk humbly with your God?*'

Keep us, good Lord, under the shadow of your mercy in this time of uncertainty and distress. Sustain and support the anxious and fearful, and lift up all who are brought low; that we may rejoice in your comfort, knowing that nothing can separate us from your love in Christ Jesus our Lord. Amen.