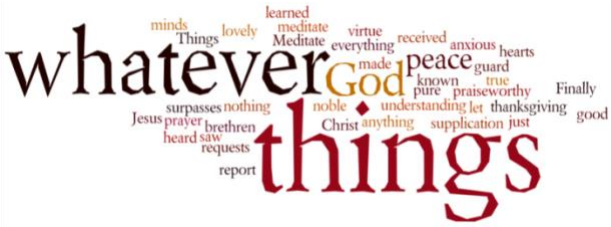

THINK ON THESE THINGS….. (our contributor this morning is Grace)

Reading: Psalm 46 – taken from *Psalms Now* by Leslie F. Brandt

v 1-4 Our great God is still our Refuge and Strength. He knows our problems and fears. Thus we have no business doubting Him even though the earth is convulsed in tragedy or its human masses threatened by ethnic hatred, disease, drugs , crime, or abuse. God continues to reign as all-wise and almighty as ever.
v 8-11 Just look around you; read the pages of history. Refresh your flagging spirit with the reminder of His great feats throughout the ages. And you will again hear Him speaking:
"*Relax, stop fretting, and remember that I am still your God. I still hold the reins of this world."*

Reflection:

Psalm 46 is one passage of Scripture I often find myself drawing on. It is so applicable to life as it is *now* – with all its turmoil - including Coronavirus! V10a, is my focus of this morning, but quoting now from NIV: *"Be still, and know that I am God;"*

These words made their first major impact on my life whilst I was working in Bible Society a long time ago! A beautiful postcard, sent by another staff member from her holiday, arrived on my desk. Overprinted on a lovely peaceful and scenic background were these words from Psalm 46:

Be still
and know that
I am God

As you look again at these words, hopefully you will see what I saw that morning … our God is a *BIG* God! May I encourage you to let these words sink deep into your inner being today. *Be still* ... in the midst of whatever lies ahead of you today - *know …* tune into God who journeys *with us* - who described himself in the Old Testament as '*I am'* and breathe in His stillness as you begin your day.

I close with the words of one of the songs we have sung often at Emmanuel over the years, which expresses His 'greatness' in such a straightforward way!

Our God is a great big God, Our God is a great big God,
Our God is a great big God and he holds us in His hand

Breath-Prayer: Lord God, enable us each to *be* still today as we continue to *Walk the Way*. Whatever this day brings, grant us *Your peace and Your presence* as you 'hold' us in your love.