

## Dear Wednesday Study Group,

15<sup>th</sup> April 2020



Psalm 57 (the psalm of my time of reflection this morning) begins,

*1 Be merciful to me, O God, be merciful to me,  
for in you my soul takes refuge;  
in the shadow of your wings I will take refuge,  
until the destroying storms pass by.*

That word 'refuge' appears 51 times in the Psalms alone. It is also in the Psalm for next Sunday, Psalm 16, which begins,  
*Protect me, O God, for in you I take refuge.* Ps 16:1, NRSV

Psalm 16 is called a Song of Trust and Security in God. Peter quoted from this Psalm in his Jerusalem sermon that is the Epistle reading for next Sunday. It is very appropriate for this difficult time when we may be feeling weighed down with loneliness, isolation, or fear for the future. We are reassured that we can find refuge in God.

Read Acts 2:28:

*You have made known to me the ways of life;  
you will make me full of gladness with your presence.*

As resurrection people, we are called to live not in fear, self-centredness or selfishness, but into the 'ways of life' that God has taught us and is even now teaching us.

1. What are the ways of life that God makes known to us?  
Or more specifically, what ways of life have we learned over the years, or that we still need to learn. Maybe, in this time of isolation you are relearning some ways of life, the value of which you have lost or forgotten in the busyness and distractions of life. Perhaps they are the simple ways, perhaps they are the things that gave us joy as children. Perhaps they are just the things that we value in other people that we are now, in our isolation, missing.

Read Psalm 16 in full and reflect upon the following questions:

1. Which verse or passage most closely reflects your own spiritual and emotional feelings at this time?
2. How often do you pray this kind of prayer as expressed in Ps. 16:1?
3. What verses in Ps. 16 seem to you to especially reflect the heart of Jesus Christ?
4. How might you do something simple (if not necessarily easy) today that brings back some joy that you have experienced through God's 'ways of life'?

Finish this reflection by praying the following prayer:

**Lord, give me the courage of heart  
and simplicity of mind  
that I need to cope during this time of isolation,  
help me to learn and relearn  
those ways of life that I should value,  
so that I might know the gladness of your presence.  
Protect me, O God, for in you I take refuge. Amen.**

And now, I'm heading over to Elk on 38 to buy a take-away coffee! 😊

God bless you and keep you.

**Rev Clyde**