

## Thought for the Day – Tuesday 7 April 2020

These are certainly confusing and unsettled days! I, for one, have found it difficult to settle into a new type of life without the usual routine – although I am still working at RSH the shift pattern has changed and I have been doing different types of work. Actually, I'm not moaning and rejoice that I am able to go out to work and contribute a tiny bit to the NHS.

Some days are easier than others and some days I feel the presence of the Lord more than others – I expect we can all relate to these ups and downs just now.

I was reminded today about the words at the end of Philippians (4: from v 11) Paul tells us that he has learned "in whatever situation – to be content, to know how to be brought low and how to abound, learning the secret of facing plenty and hunger, abundance and need"

What is the secret, what is the key?

"I can do all things through him who strengthens me"

It really is because of Jesus that we can rest secure at the moment – not looking at the storm but into His wonderful face.

This morning – I had to take myself in hand a bit. I sang 'from the rising of the sun to the going down of the same' –important just now to proclaim to ourselves who we are trusting in.

*Sarah Birchall*

Remember, you can send your prayer request to: [Prayer@baystonhillchurch.org](mailto:Prayer@baystonhillchurch.org)

Or ring: (01743) 583215

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