

Thought for the Day. Wednesday 25th March 2020.

Dear friends.

Blessed be Lord, the God of Israel , he came and set Hs people free (Luke 1, 68) we read every morning in Anglican morning prayers. As I travelled to work yesterday (as a key worker I'm allowed to travel) the roads were largely empty. A few early morning joggers were exercising on the pavements but the world felt empty. It isn't, of course, most of the population were in lock down, obeying the strictures announced the previous night by the prime minister.

But the verse from Luke, that we read every day, resounded in my ears as I contemplated the enforced lack of freedom we're all being asked to abide by.

And yet, we are free, aren't we - we have the freedom to worship, albeit not communally at present, and more importantly we can experience the freedom that Paul talks about in Galatians 5 verse 1.

“It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery.”

Are we experiencing a yoke of slavery in our lives? Is there anything which keeps us behind metaphorical locked doors rather than experiencing the life giving freedom and healing of the Holy Spirit. I'm reminded of a verse written by Charles Wesley:

“Long my imprisoned spirit lay
Fast bound in sin and nature's night;
Thine eye diffused a quickening ray,
I woke, the dungeon flamed with light.
My chains fell off, my heart was free;
I rose, went forth, and followed thee.”

I pray that each one of us will experience a freedom of heart, the loosening of those chains that might still hold and bind us, increasing freedom to worship from the depth of our being - spiritual freedom, whilst we are physically 'locked down'.

May you know the peace and presence of our Loving Heavenly Father during these days of trial.

God bless you. Ursula.

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