

Thought for the Day

Psalm 23 v 2-3: 'He makes me lie down in green pastures; he leads me beside still waters. He refreshes my soul. He guides me along the right paths – for his name's sake.'

Perceptions of risk vary from person to person. Some years ago, we were about to go on holiday with dear friends to a rented holiday let on the Helford estuary, in Cornwall. These friends offered to lend us their bikes at any time if we fancied a bike ride. We told them that we would be taking our sailing dinghy and, of course, they could borrow that. I told my friend, Liz, that no way was I going to risk my life on a bike around those narrow lanes. I would almost certainly be run over by an oncoming vehicle around a blind corner, incurring serious injury, if not actual death. And Liz told me that there was serious risk of drowning if they used the boat. Obviously, neither of us felt we were ready for death just at that time!

But when Philip and I took the dingy onto the estuary one warm, sunny, September afternoon, we were becalmed. I'm no intrepid sailor – quite the opposite. So, while he was frustrated, I revelled in the warmth, the gentle rocking, the quiet lapping of the water and the slight fluttering of the ineffectual sails. I often return to that scene in my imagination, because it was an hour of perfect rest when my soul recognised it was being refreshed.

Even in this period of inactivity and lack of obvious opportunities, there are *new* opportunities: to acknowledge God in the slowness; to hear his voice in the silence. He wants to restore and refresh us all. Do you have a memory of a place that you can return to in your imagination, knowing God's healing presence with you? May we will all find this restoration in these times.

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Remember you can send your prayer request to: Prayer@baystonhillchurch.org