

TFTD 30/07/20

***Why are you cast down, O my soul,
and why are you disquieted within me?
Hope in God; for I shall again praise him,
my help⁶ and my God. (Psalm 42:5-6a)***



I am a summer person. I love sunny days, temperatures over 25degrees c (that's 77 Fahrenheit by the way!) put a smile on my face. What's more summer means it is flip flop season. I have possibly more pairs of flip flops than I need – beach flip flops, pool flip flops, hiking flip flops – I have been known to do over 8 miles in a flip flop as well as scramble up Greek mountains with the mountain goats.

And flip flops are more than a shoe, they unite me with history, in fact, a pair of flip flops dating back to 1,500 BC, the oldest known surviving pair, are from Egypt and on display at the British Museum. They are made of papyrus and palm. Sandals and their flip flop varieties are known to have existed throughout the world in Mesopotamia, India, Greece and Asia. Who knows, perhaps me and Jesus have worn similar footwear?

When it is time to get the flip flops from the back of the wardrobe it gives me hope, the dark short days of winter are over, longer warmer days are coming. But of course, I am a Christian (I hope you'd noticed!) which means that I have a much deeper hope than comes from a pile of flip flops waiting to run through the sand.

Yet I am sure that all of us who know this hope still equally understand the psalmist's frustration as they write this. Their soul is downcast, despite the hope and so the psalmist continues with great advice for the disquieted soul – hope in God – for there will be reason to praise him again. It isn't always easy, being a Christian won't always be like living a happy dream, but God remains there for you in good times and bad.

I read an article on flip flops which said, '*With its rich long history, the flip flop is simultaneously yesterday, today, and tomorrow.*' Yet a flip flop can be discarded, a flip flop won't last forever. Unlike our God, which is why despite my love of flip flops, my hope is in Jesus. The summer won't last forever, but God's unchanging love will. Today, whether your soul is downcast or whether it is joyful, know that hope in God will weather any storm.

Remember, you can send your prayer request to: Prayer@baystonhillchurch.org Or ring: (01743) 583215

May you feel hope this week.
Rachael