Thought for the Day

I was driving to work the other day and was particularly annoyed that 'they' were digging up Roman Road <u>again</u>. It was only a small thing really - but in our particular culture just now we are allowed to feel a bit fed up – we are told we must be in touch with our feelings and if things don't work out for us – then protest is legitimate. I was 'allowed' to be grumpy.

We do live in the midst of 24 hour news cycle – when the favourite thing often is to interview ordinary people like you and me and allow them to express their feelings or to focus on perceived failings and attitudes in others which have little reference to the truth. The media – although useful to know what is going on – does us no favours in terms of how we view our circumstances.

The Bible will have none of it. It talks about

- giving our bread for the world, like Jesus did
- thinking of whatever is lovely and good
- having a gentle Spirit
- offering up what we have to be used by God Himself being broken bread and poured out wine

Can God really be interested and help us with our everyday difficulties or indeed our more serious difficulties? Surely it is just a matter of trying harder and being nice.

Actually – I just can't try harder and be better. I feel sometimes overwhelmed at things that don't go 'right' sometimes really sad about friends and family lost and good times being so far in the past – or letting my imagination look at the future in a negative way.

But we are told that Love transforms us. The Lamb of God who takes away our sin (John 1:36)

The experiences we go through are not mistakes. The Lord orders all our days. They can be offered up to Him with thanksgiving.

Do you know? God can change our hearts in a moment – He can put a new song in our hearts. We can journey on with Him – knowing we are ok in His presence – and not just that but we can bless others even in our difficult times. He can transform our lives. (Romans 12:1-2). We don't have to try harder – He does it for us!

So wherever you are today, whatever you are grappling with – give it to the Lord and watch Him change our perspective and be used by Him. May we now the love of God shed abroad in our hearts.

Sarah Birchall