

Psalm 139

You have searched me, LORD,

and you know me. <sup>2</sup> You know when I sit and when I rise; you perceive my thoughts from afar. <sup>3</sup> You discern my going out and my lying down; you are familiar with all my ways. <sup>4</sup> Before a word is on my tongue you, LORD, know it completely. <sup>5</sup> You hem me in behind and before and you lay your hand upon me.

<sup>6</sup> Such knowledge is too wonderful for me, too lofty for me to attain.

I set out on my early morning run as usual on Wednesday morning with lots of stuff buzzing round my brain. It was a beautiful autumnal morning however I was pondering the APCM, Church Finances, the prospect of a second lockdown, the Clergy Study day II have to learn how to share a document on Zoom!!!!!}, the closing to the Transfer Window on Friday and wider family concerns. As I reached the corner of the Outwards I paused and looked back over Loughborough. The sun was low in the sky, the mist hovered over the River Soar – it was a beautiful day and all seemed calm. Yet underneath the calm we know that a storm and storms were brewing.

As part of my daily reading for Wednesday I looked at two or three verses at the beginning of the book of Ruth. The commentator was reflecting on the transcendence and imminence of God. He is sovereign yet he also knows us intimately. She reminded me that God does have the whole world in His hands but he also has each one of us in the palm of his hands. God is sovereign over the matters of state, international politics and weather systems yet he also cares intimately for each one of us.

We may be feeling bereft and abandoned at the moment as we lurch form one restriction to another, inevitably leading to another lockdown with potentially unknown and unintended consequences to the health of the nation. It feels sometimes that there is no way out of this pandemic and little to look forward to yet we also have to acknowledge that God's hand is upon us. He cares for us and knows us intimately.

Today it might be worth reflecting on that and meditate Psalm 139.1-6 and rest in the truth that God knows us and He cares for us.

Yours

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