

Trusting in God's Unchangeable Nature

Three times a week, I join in morning prayer via Facebook Live with my friends from the University of Chester Chaplaincy community. It is an excellent start to the day as it encourages me to stop for a few minutes and focus on the words of a Psalm and another New Testament reading, I always find that on the days that I intentionally stop and reflect before I go about my day, I usually feel a lot calmer and closer to God.

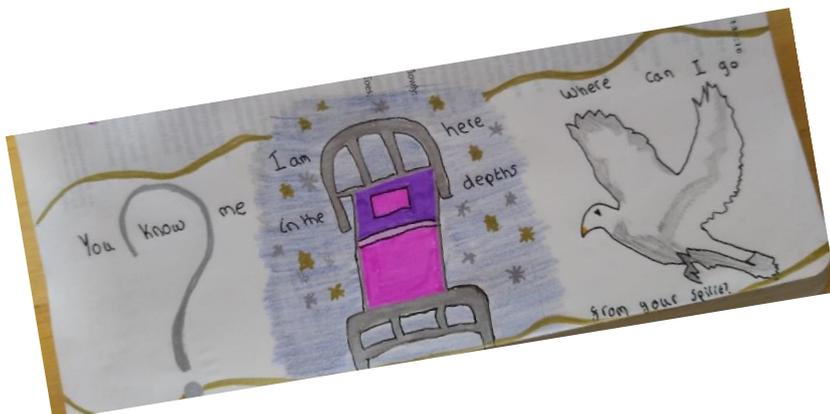
On Friday morning, we read the words of Psalm 139. This Psalm speaks of how wherever we go, whatever we do, God is always there, he knows exactly what is going to happen before it does. That used scare me a bit if I am being honest! But these days it feels me with comfort and reassurance knowing that God goes before me and that he knows what the outcome of every situation will be.

I think this Psalm serves to be very important during these uncertain times when many of us are not able to carry out our regular weekly activities, this Psalm serves as a comfort because it reminds us that even when things are radically different, when things have changed so much in such a small amount of time, God has not changed, nor will he! God will not leave us because he is everywhere.

"You have searched me; Lord and you know me... Where can I go from your spirit? Where can I flee from your presence? If I go up to the heavens you are there; if I make my bed in the depths, you are there." Psalm 139 verses 1, 7, 8.



The lockdown has shifted my focus, my very busy life all of a sudden became very unbusy. The lockdown has made me stop and reflect on God's word and encouraged me to find other ways of releasing my creativity, especially throughout Bible journaling.



I encourage you to read through Psalm 139 for yourself and take time to pause and reflect on God's words, remembering that wherever we go, God is there.

You might find that listening to this song helps you to reflect on this Psalm more deeply. I have put the lyrics below; in case you cannot access the song online.

Your Love by Marty Nystrom

<https://youtu.be/InEJRxs7yEq>

Where can I flee from your Spirit
How can I escape your love
Your love for me (Lord) is deeper than the sea and higher than the heavens above
Where can I flee from your presence
Now that you abide in my heart
My heart is your home, your temple, your throne
So what could ever keep us apart

From your love, is higher than the heaven
Your love, is deeper than the ocean
Nothing in creation could take me away from your love
(Nothing could take me away) Your love, there is nothing greater
Your love, there is nothing stronger
You came to (you gave) your life so I could be free

Who can explain your mercy who can comprehend your ways
Show me your grace by taking my place
And washing all my sorrow away
I just wanna live in your presence
Worship you with all of my heart

Show me the way Draw me closer each day
Don't let anything keep us apart

Your love is higher than the heaven
Your love is deeper than the ocean
(There is nothing)
Nothing in creation could take me away from your love
(Nothing could take me away)
Your love there is nothing greater
Your love there is nothing stronger
(There is nothing stronger)
You came to (you gave) your life so I could be free

I am persuaded that neither death nor life can separate us from the love of Christ
Nothing in the present or nothing to come can take me away from your infinite love

Your love, is higher than the heaven
Your love, is deeper than the ocean
Nothing in creation could take me away from your love
Your love, there is nothing greater
Your love, there is nothing stronger
You came (you gave) your life
So I could be free

I think it can be very easy to focus on what we have lost, but perhaps we should also pay close attention to what we have gained, we have learnt new technologies, we are able to value time with each other more fully and perhaps we have learnt to trust in God in ways that we never have done before.

A Prayer Based on Psalm 139

Heavenly Father,

What joy it is to know that You know everything about me, and even the things that I do wrong, can never separate me from Your unfailing love. Help me to live out this truth in my life and may I do only those things that are pleasing in Your sight. I do not understand how this can be but praise Your wonderful name for that You are with me every step of the way, every moment of my day and I thank You. Thank You Father that You know me so intimately and care for me so deeply. and help me to cast all my cares upon You. **AMEN**

“So do not fear, for I am with you; do not be dismayed for I am you God, I will strengthen you and help you; I will uphold you with your righteous right hand”- Isaiah 41:10

May you be reminded of God's love, peace and unchanging nature this week.