

Saturday 4th July



Psalm 145: 8–14

*The LORD is gracious and compassionate, slow to anger and rich in love.
The LORD is good to all; he has compassion on all he has made.
All your works praise you, LORD; your faithful people extol you.
They tell of the glory of your kingdom and speak of your might,
so that all people may know of your mighty acts and the glorious splendour of your kingdom.
Your kingdom is an everlasting kingdom, and your dominion endures through all generations.
The LORD is trustworthy in all he promises and faithful in all he does.
The LORD upholds all who fall and lifts up all who are bowed down.*

These words from Psalm 145 are good for us to hear and remember, especially when the world still seems strange and confusing. God loves us. God gives us what we need. God is merciful even when we don't deserve mercy. God is like this for everyone – no matter who they are or where they are from. God's love is compassionate, steadfast and gracious. These words are like a balm to the soul; no matter how weird the world seems, God loves us, and is always there for us.

If God's love for us is like this – how should our love be? We are told to love God and to love our neighbours as ourselves. If God loves us steadfastly, compassionately, graciously; if God is trustworthy and keeps promises, upholding those who fall – that is how we should be. As God loves us so we should love each other.

At this time many feel unloved and lonely; isolation has meant that many are bowed low mentally and physically. God loves all and wants to lift up those made low. The pandemic, and particularly the lockdown, has affected people's mental health in ways we are still trying to work out. But we can be there for them. We can show love through a phone call, a wave, a smile – anything that shows they are loved and cared for.

*Gracious and loving God
Your steadfast love endures forever
No matter who we are
No matter where we go
No matter what we do
You love us completely
Thank you for your gracious, compassionate and steadfast love
Help us to show that love to others
Amen*