

## THOUGHT FOR THE DAY: Friday 8<sup>th</sup> March 2024

Prayer by Revd Kit

Along with volunteering, giving to charity and fasting, another Lenten discipline we focus on is prayer.

Prayer in its simplest form, is communicating with God. God is a loving person, or persons, who wants to live in relationship with us, and as in any relationship, constant and good communication is needed for a healthy relationship. He loves to hear from us, and for us to hear from him, like a parent or grandparent, who delights to hear from their little ones.

However, prayer can be hard. Because we are communicating with someone we cannot see, or hear, or touch. Therefore, we must pray in faith. Or, trusting, that God is with us. I often find, when I pray about things which are important to me, that I don't feel close to God. This makes it hard to feel that my prayer has got through, and I can find myself repeating the prayer until I feel the message has been sent, like trying to send an email, or a text which refuses to go. This often leads to frustration.

What I am learning is, that even though I may not feel close to God, He is close to me. Indeed, according to Jesus, He is in me, by His Holy Spirit, and He is all around me. We call this, omnipresence. As Psalm 139 says - we cannot be anywhere where God isn't. Jesus, knew, that we would have these struggles in prayer. And so he taught us to keep praying and not to give up, to keep it simple and to trust that God will give us good gifts. The discipline, is to learn to accept that by faith, or by trust and not to be led by our feelings. The question remains, what do we do when God does not answer prayer, specially the really important ones. That's for another time.

So, what would we like to say to God today?  
What might He be saying to us

### **BIBLE VERSES:**

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.  
If I rise on the wings of the dawn,  
if I settle on the far side of the sea,  
even there your hand will guide me,  
your right hand will hold me fast.  
If I say, "Surely the darkness will hide me  
and the light become night around me,"  
even the darkness will not be dark to you;  
the night will shine like the day,  
for darkness is as light to you.

- Psalm 139:7-12