

## Thought for the Day – Thursday 11<sup>th</sup> November 2021

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### This breath

As I went outside this morning, I was struck by the beauty of the autumn leaves in our garden.



I was then struck, by the thought that they were all dying. And as I reflected on the seasons of the year, I found myself asking God "So how long have I got then?", for no particular reason.

And I immediately realised that He won't tell me and I don't want to know!

None of us know what the future holds or how much time we have, but what we do have, without a doubt, is **this** breath we take now. Nothing can take this breath away. It is ours. It's a gift given to us. And all the potential for love and good and beauty and kindness and everything else that makes for LIFE, that is contained in it. And, I don't know about you, but I really don't want my fears, and anxieties and pain to rob me of that potential.

Sometimes that is easy, often it is really hard.

But I believe that God wants to help us and that He does help us, often little by little.

I come back to these three short verses.

And with that Jesus breathed on them and said, "Receive the Holy Spirit. - John 20:22

Jesus said, "I will ask the Father, and he will give you another advocate (Spirit) **to help you** and be with you forever"—John 14:16

I can do all things because of Christ who strengthens me. - Phillipians 4:13

What a friend we have in Jesus

1. What a friend we have in Jesus,  
All our sins and griefs to bear!  
What a privilege to carry  
Everything to God in prayer!  
Oh, what peace we often forfeit,  
Oh, what needless pain we bear,  
All because we do not carry  
Everything to God in prayer!
2. Have we trials and temptations?  
Is there trouble anywhere?  
We should never be discouraged—  
Take it to the Lord in prayer.  
Can we find a friend so faithful,  
Who will all our sorrows share?  
Jesus knows our every weakness;  
Take it to the Lord in prayer.
3. Are we weak and heavy-laden,  
Cumbered with a load of care?  
Precious Savior, still our refuge—  
Take it to the Lord in prayer.  
Do thy friends despise, forsake thee?  
Take it to the Lord in prayer!  
In His arms He'll take and shield thee,  
Thou wilt find a solace there.

May we take it all to the Lord in prayer.