

St James News: Thought for the day – Thursday 30th July 2020

We each have a task – Monica Blair

Sometimes I get up with the plan to do something, but then find I just can't do any of it because of how I am feeling. And I look to say, 'another day wasted without pushing myself to do something.'

Then my children would say to me, 'don't worry, our body needs rest.'

Rest, too much of it, is not good. We should try to do whatever we can each day. For we see today, but don't know if we are going to see tomorrow.

What inspires me at times, is when I see on the TV people who are disabled, running the marathon or doing something worthwhile with their lives and it makes me sad to say, 'What have I done? What have I achieved? I have not done anything inspiring with my life.' But, this putting myself down I should not do, for God gives each one of us a task to do and what we make of it, is what matters.

So father I give you thanks for each day for what you have enabled me to do, to accomplish. We should humble ourselves for the Lord our God is with us.

Verse to each one God gives a gift
ephesians Chap 4 vs 11-13

Song: [Father of lights](#)

Father of Lights you delight in your children
Father of Lights you delight in your children

And every good and perfect gift
comes from You

And every good and perfect gift
comes from You

And every good and perfect gift

comes from You
Father of lights

Father of Lights you never change
You have no turning
Father of Lights you never change
You have no turning

Prayer:

Lord Jesus Christ, draw our hearts to yours with a love that is irresistible; unite our hearts to yours with a love that is immeasurable, and bind our hearts to yours with a love that is inseparable; now and for ever. Amen.

Miles Coverdale (1488-1568)

Good-news God, when you promised Abraham a son in old age,
Sarah responded to the gospel with laughter;
when you promised Moses that you would deliver your people from slavery,
he responded to the gospel by asking “Who am I?” and “who are you?”;
when you promised Mary a son called Jesus,
she responded to the gospel by saying, “Here I am, the servant of the Lord”;
when you promised the disciples the coming of your Spirit,
they responded to the gospel by waiting in prayer;
when you promised Paul that your grace was sufficient,
he responded to the gospel by finding contentment in weakness and hardship.
Good-news God, make me laugh, make me wonder,
make me submit, make me wait, make me content.
Give me new life, give me identity, give me Jesus, give me Spirit, give me grace.
Amen

Mark Slaney, Chair of Scotland and Shetland District - Methodist Church