

THINK ON THESE THINGS….. (our contributor this morning is Angela Jones)

**Reading:** Jeremiah Chapter 29 verses 11-13

“For surely I know the plans I have for you, says the Lord, plans for your welfare and not for harm, to give you a future with hope. Then when you call upon me and come and pray to me, I will hear you. When you search for me, you will find me; if you seek me with all your heart”.

**Reflection:**

The prophecies of Jeremiah were written at a very difficult time in the lives of God’s chosen people. It was a time of exile and Chapter 29 is a letter to the exiles. They were encouraged to settle in Babylon and to seek the welfare of the city and they were also reminded not to listen to the false prophets and diviners who would seek to lead them away from the Lord God. The words of our reading encourage them to look forward to a time when their exile would end and they would be restored to their rightful home.

At this time in the life of our country and the world we may well feel as if we were in a foreign land with all that is familiar shaken and with very little idea how long and how much more severe this crisis will be. Like the exiles we need to have faith that our God has our future and our welfare in His hands. He encourages us too to have hope and to call upon Him in our distress. He calls us to pray to Him and to seek Him with all our hearts.

It is difficult in the current circumstances to always remember this but as King George V1 said in his Christmas speech of 1939 “Go into the darkness and put your hand in the hand of God – that shall be to you better than light and safer than the known way”. The exiles were eventually restored to their home and one day this crisis will be over. In the meantime, let us with them put our trust in our ever faithful God who hears all our prayers.

**Breath Prayer for today**: Dear Lord, help us to remember your constancy and your love for us. Help us to trust you even in the midst of uncertainty and to have faith that you are by our side always. In Jesus name we pray. Amen.