

Tuesday 5th May 2020

Good morning!

A brief thought to lead us into prayer today:

Psalm 1: 1-3

"Blessed is the one....whose delight is in the law of the Lord, and who meditates on his law day and night. That person is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither—whatever they do prospers."

Trees whose leaves never wither - evergreens - flourish whatever the season, offering shade, colour, beauty all year round; even through the harder months of winter. However long this unusual lockdown season lasts, we want to be those who stay evergreen and are blessed.

That means three things, according to these verses:

- **meditating** on the law of the Lord (the whole Bible); not just reading or even studying it. Eastern meditation involves trying to empty your mind. Christian meditation is almost the complete opposite, taking a part of God's word, focussing and chewing on it until it yields fruit in your heart.
- meditating on it **regularly and frequently**
- **delighting** in it (as Jesus did e.g. Heb 10:7 - the more we draw near to him, the more we like the things he likes!)

Praying the Bible

Meditate on this prayer of Paul's for the Ephesians (chp 1:17-19), and let it lead you to pray for whoever the Lord brings to your attention:

"I keep asking that the God of our Lord Jesus Christ, the glorious Father, may give you the Spirit[f] of wisdom and revelation, so that you may know him better. I pray that the eyes of your heart may be enlightened in order that you may know the hope to which he has called you, the riches of his glorious inheritance in his holy people, and his incomparably great power for us who believe."