

# Guided by a cloud 42 (Exodus 13:21-22)

I don't know what your email inbox is like, but I get all sorts of stuff delivered into mine. A lot gets deleted without reading but occasionally there is one that makes me stop and think. This week I had an email from Tearfund, which some of you may have also received, so apologies to those of you as I share what it had to say. It was a piece written by Rachael Adams encouraging us to reboot our prayer life. As we said last week it is good to know we have a God who is with us in all we do but it's also good to remember that God wants us to bring everything to him in prayer (Philippians 4:6-7). This includes our struggles and disappointments as well as our hopes and dreams.



## Worship time

[Over all the Earth](#)

[The Lord's my shepherd](#)

[God I look to you](#)

**Present the pain.** As we read our bibles it is easy to find examples of people who found themselves in difficult situations. The Psalms in particular are full of prayers and lament, of pain and hurt. David, who wrote many of the psalms, often expressed his disappointment and anger at the

world around him. He even voiced his anger at God himself (Psalm 13 and 79).

As the first part of our reboot we can lift up to God our own hurts and disappointments from 2020. Psalm 130 may help with this *Out of the depths I cry to you, Lord; Lord, hear my voice. Let your ears be attentive to my cry for mercy.*

**Reorientation.** Before looking ahead take some time to remind ourselves of who God is and what he is capable of. Read through and reflect on the following truths.

God is in control: 'In his hand is the life of every creature and the breath of all mankind.' (Job 12:10)

God never changes: 'I the Lord do not change. So you, the descendants of Jacob, are not destroyed.' (Malachi 3:6)

God is good: 'Give thanks to the Lord, for He is good. His love endures forever.' (Psalm 136:1)

God is faithful and keeps all of his promises: 'Know therefore that the Lord your God is God; he is the faithful God, keeping his covenant of love to a thousand generations of those who love him and keep his commandments.' (Deuteronomy 7:9)

God is our refuge and strength: 'God is our refuge and strength, an ever-present help in trouble.' (Psalm 46:1)

God is with us and for us: 'The Lord your God is with you, the Mighty Warrior who saves. He will take great delight in you.' (Zephaniah 3:17)

Spend some time thinking about these attributes. Perhaps you could write down the times where God has shown you these, for example through answered prayer. Thank God for how he has worked in your life.

**What will 2021 bring?** Knowing the foundation that we have in God means we can look ahead to next year and bring before him our hopes and dreams. We can pray for ourselves as well as our family, friends, church, neighbourhood and the world. As we do this it is important to listen out for what God might saying to us. Perhaps He may give you a picture, word, chorus or verse.

By rooting ourselves in prayer, and sharing our all with God, we are able to stand firm through life's challenges, as well as share in the goodness too – and bring all the glory back to God.

"Cast all your anxiety on Him because he cares for you" 1Peter 5:7