

Tuesday 12th January 2021

Psalm 43; 5 *“Why are you downcast, O my soul?*

Why so disturb within me?

Put your hope in God,

for I will yet praise him,

my Saviour and my God.”

We are in dark times again. Dark because it is winter. Dark because we can't get out. Dark because we are denied the spark and warmth of meeting loved ones. Dark because we can not lose ourselves in theatre, concerts or football matches. It is easy to get miserable, despondent and depressed.

This is the situation described by the psalmist in 43: 5. We should berate ourselves and seek encouragement from God to fortify us in our adversity.

There is always light at the end of the tunnel and we must trust that this is not a train coming towards us. It is God's light to guide us and as always we should put our trust in Him.