

Friday 29th April 2022

“Give all your worries and cares to God, for He cares about you.”

1 Peter 5:7

What do you do when you settle down to pray? Do you have candles and set up a quiet space away from all the buzz of the world around you, or have you just sat down at a convenient time to pray without thinking about it? There is so much going on around us at times, and we find it difficult to take time away to pray. Also we sometimes are so worried about things bothering us, knocking off our sleep patterns, and how we behave towards one another. But believe that even when we are so bowed down, God is still there holding out his hand to help us because he cares deeply for us all. Have you sat in church and your mind is so full of the worldly things that you cannot concentrate on the service going on around you? Even to the point you are way ahead of yourself wondering what the best time will be to get the turkey, or the roast in the oven.

It is so easy to let the cares of your daily life take over that prayer time seems to slip by until you are really brought down by the cares of everyday life therefore; forgetting to turn back to our time to be with God. Peter knew all about distractions and prompted the new believers to turn to God and know how much he loved them and to let God take the worries and distractions away. God wants to take away our worries that are bowing us down because in his love for us he takes them upon his shoulders. Put your trust in God and he will carry you through the worries. And in turn we can be aware of just how much God loves and cares for us and we can give him all the praise and glory without any distraction and give him our full attention as he does for us.

Loving Lord, we give you thanks for your loving care for us holding us in your everlasting love. Amen.