

Café Explore July 2020 'Putting our trust in Him'

If you could freeze a moment from your life what would it be? And why? Take a few minutes to consider which moment to choose.

I wonder did you chose a joyful or a sad moment?

Joyful moments can seem too fleeting and we want to savour them or share them. We may have such moments in the form of a photo or maybe a diary entry that we can visit again and again.

Perhaps if it was a sad moment it's because you might think you could have done or said something differently or maybe it's a moment that keeps surfacing, you can't let go and it still hurts although time has passed.

Questions to ponder

- *What are or have been some of the storms in your life?*
- *Do you ever act like everything is okay even when it isn't?*
- *Why do we do this?*

Scripture Where is God when it really hurts?

Let us read verses from the Psalms

Psalm 88:8 'I am caught in a maze and I cannot find my way out, blinded by tears of pain and frustration.'

The Psalms are full of anguished cries – yet other Psalms tell us he is there for us.

Is anyone crying for help? God is listening, ready to rescue you. **Psalm 34 v 17**

Evening, morning and noon, I cry out in distress, and he hears my voice. **Psalm 55 v17**

For He will rescue the poor who cry out and the afflicted who have no helper. **Psalm 72 v12**

I long and yearn for the courts of the Lord; my heart and flesh cry out for the living God

Psalm 84 v2

O Lord, the God who saves me, day and night I cry out before you. **Psalm 88 v1**

Some people use the poem 'Footprints' to reassure themselves of God's presence.

Footprints in the Sand

One night a man had a dream. He dreamed
he was walking along the beach with the LORD.

Across the sky flashed scenes from his life.
For each scene he noticed two sets of
footprints in the sand: one belonging
to him, and the other to the LORD.

When the last scene of his life flashed before him,
he looked back at the footprints in the sand.
He noticed that many times along the path of
his life there was only one set of footprints.

He also noticed that it happened at the very
lowest and saddest times in his life.

This really bothered him and he
questioned the LORD about it:

"LORD, you said that once I decided to follow
you, you'd walk with me all the way.
But I have noticed that during the most
troublesome times in my life,
there is only one set of footprints.

I don't understand why when
I needed you most you would leave me."

The LORD replied:

"My son, my precious child,
I love you and I would never leave you.
During your times of trial and suffering,
when you see only one set of footprints,
it was then that I carried you."

Author: Carolyn Joyce Carty

More questions to think about

Is there anyone in your life who you would do anything for?

Do you think that's how God feels about you?

Do you think of Him as your Father and can you put your trust in Him?

Song - 'Father I place into your hands'

Father, I place into your hands
The things I cannot do,
Father, I place into your hands
The things that I've been through.
Father, I place into your hands
The way that I should go,
For I know I always can trust you.

Father, I place into your hands
My friends and family.
Father, I place into your hands
The things that trouble me.
Father, I place into your hands
The person I would be,
For I know I always can trust you.

Father, we love to see your face,
We love to hear your voice.
Father, we love to sing your praise
And in your name rejoice.
Father, we love to walk with you
And in your presence rest,
For we know we always can trust you.

Jenny Hewer

Prayer – St Richard of Chichester

Thanks be to you, our Lord Jesus Christ,
for all the benefits which you have given us,
for all the pains and insults which you have borne for us.
Most merciful Redeemer, Friend and Brother,
may we know you more clearly,
love you more dearly,
and follow you more nearly,
day by day.
Amen.