



First United Methodist Church of Hanford

Open hearts. Open minds. Open doors.



505 N. Redington Street Hanford, CA93230

559-584-4075 (voice) 559-584-5438 (fax)

office@fumchanford.org

http://fumchanford.org

“Lord, what do you want to do through me?”

I lift up my eyes to the mountains— where does my help come from? My help comes from the LORD, the Maker of heaven and earth. He will not let your foot slip— he who watches over you will not slumber; indeed, he who watches over Israel will neither slumber nor sleep. The LORD watches over you— the LORD is your shade at your right hand; the sun will not harm you by day, nor the moon by night. The LORD will keep you from all harm— he will watch over your life; the LORD will watch over your coming and going both now and forevermore.

Psalm 121 (NIV)

In today's troubled times, when one has doubt, anxiety, fear dominating our thoughts, we often feel alone and isolated. Our minds suggest that no one understands our problems or cares about our situation. This phase of thinking can trap us into a pattern that sustains and even feeds the negative situations that we live today. In such times the words of the Psalmists can be a never-ending spring of hope and comfort. In Psalm 121 we are reminded to look to the Lord for help and guidance. We are not alone, neither should we fear anything. We need only to “look to the hills”. Look to the Lord, come to him in prayer. Seek his counsel and trust that he indeed will “preserve your going out and coming in.” Embrace this promise; God sacrificed his only son for our salvation. He did not offer this ultimate sacrifice only to leave us in our time of suffering or despair. What a joyful and empowering thought!

I challenged you to ask the question “Lord, what do you want to do through me?” We are called to do his work in this broken world and he will not abandon us. Rather he will be at our side protecting us, guiding us, “from this time forth, forevermore.”

Let us pray: Dear Lord, help us remember your promise to always be at our side providing support and guidance as we face the challenges of our day, that they are many. Let our actions reveal your love so that all may come to know your saving grace and peace. Amen.

“Now I can say I Live a Day” (John Wesley)

Pastor Pablo

August 26th, 2020

Online Devotionals

To grow in your relationship with God and others, it is important to have some spiritual disciplines in your life. Below are some helpful websites that will lead you to read scripture, pray, and focus on God.

UPPER ROOM DAILY DEVOTIONAL <https://www.upperroom.org/devotionals>

A daily devotional including scripture lesson and story.

UPPER ROOM DAILY REFLECTIONS <https://upperroombooks.com/neweverymorning/>

Daily words of wisdom and faith including quotes, scripture, questions, and the lectionary bible readings.