



First United Methodist Church of Hanford

Open hearts. Open minds. Open doors.



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"Together, let's remember"

"I will tell of the kindnesses of the LORD, the deeds for which he is to be praised, according to all the LORD has done for us— yes, the many good things he has done for Israel, according to his compassion and many kindnesses. He said, "Surely they are my people, children who will be true to me"; and so he became their Savior. In all their distress he too was distressed, and the angel of his presence saved them. In his love and mercy he redeemed them; he lifted them up and carried them all the days of old." (Isaiah 63: 7-9 NIV)

I often find myself with an awful lot of time to think... and to watch the news in the evenings. I sure must confess that I can become immersed (for hours!) by the projections and the graphs, the interviews and the reports, the statistical facts and the political rhetoric around the current crises. It really is not the best way to approach bedtime, particularly when I have been dealing with the challenges of a day. I often find myself going to bed with a head full of wondering: what, pray tell, is going to happen next?

What about you? Maybe you find yourself caught up in your own wondering: "When I will be able to be back to church for worship and see my siblings in Christ?" "How long am I going to be out of work?" "When will I see my love ones in the nursing home?" "What am I going to do with three kids for another month!?" "What if school does not start in person?" "Will I be able to celebrate Christmas in Church and sing the beautiful Christmas' hymns?"... I know it can wear me down unless I make an intentional decision to put all the circuits thinking to rest. It can wear me down unless I make an intentional decision to pause and remember. . .

Remember the multitude of times in my life that God has been faithful to me... Remember the times others have recounted to me God's faithfulness to them... Remember the Biblical histories showing that God has been faithful to humanity throughout time!

From the parting of the Red Sea to Jesus' appearance on the beach after the Resurrection, I am reminded that our God is mighty and near, "God is our refuge and strength, an ever-present help in trouble." (Psalm 46:1)

When I do this, my fears and anxieties settled. I realize no matter what the scenario--pandemics, racism, wars, economic turmoil, none of these are too big for our God. They never have been and they never will be. God is constant, steady, and strong.

Chris Tomlin shares a song that reminds us of the greatness of God and the healing power of God. "Our God is greater, our God is stronger; God you are higher than any other. Our God is healer, awesome in power, Our God. Our God."

<https://www.youtube.com/watch?v=01Yj7H-eSjM>

So maybe tonight when you are getting ready for bed you will join me in a prayer time of reflection on God's majesty and power. Together, let's remember.

Let's pray: Dear God, today I offer you all of my fears and all of my negative emotions. I pray, instead, Lord, that you would help me look around and see the needs in the world and find some way, in my present circumstance, to make a difference in at least one person's life today. Amen.

"Be a Channel of God's Grace"

Pastor Pablo

July 15st, 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.