

PSALMS OF HOPE

@UnitedChurchFerdown

United Church Ferndown's 2023 Lent Programme

Friday 10th March

Reflection #17

TALKING OUT LOUD



lmo.kk 42 27/6/15



Pray:

Lord, let everything I do in this season of Lent come from you, be inspired by you. I long to be closer to you. I long to receive the hope that you offer. Help me to remember that nothing is more important than you in my life. Help me to rely on you for help. I want to walk in your footsteps, Jesus. I confess that I have often felt I knew better and ignored your presence. Heal me, Lord, and help me to find you in the darkness of my life. Let me reach out and feel your hand and love there to guide me. Speak to me in this moment, Lord God. **Amen.**

Introduction:

Do you talk to yourself? Darren's mum would say 'Of course I talk to myself. I'm the only one who makes sense.' She was lovely but I don't think this was completely true. I find that sometimes I suddenly say something out loud which to those on the other side of my head will seem like a sudden and random outburst! To anyone around me who may hear my utterances it probably doesn't make any sense whatsoever (although in our house, it seems to be a family trait!). You see, I'll suddenly say – flour, or eggs! It'll be because I've remembered that I need to shop for them, and I don't want to forget again. Or I might shout 'Miriam' because I need to give her a call about something. Somehow saying it out loud makes a difference! Or I'll be walking and not sure which way to go and I'll find myself explaining the direction I think it should be and why, out loud to myself! This process works for me but can get some looks ...

**Read:
Psalm 42 (NIV)**

- ¹ As the deer pants for streams of water,
so my soul pants for you, my God.
- ² My soul thirsts for God, for the living God.
When can I go and meet with God?
- ³ My tears have been my food day and night,
while people say to me all day long, "Where is your God?"
- ⁴ These things I remember as I pour out my soul:
how I used to go to the house of God
under the protection of the Mighty One
with shouts of joy and praise
among the festive throng.
- ⁵ Why, my soul, are you downcast?
Why so disturbed within me?
Put your hope in God,
for I will yet praise him,
my Saviour and my God.
- ⁶ My soul is downcast within me;
therefore I will remember you.

Consider:

This psalm is someone talking out loud. It's almost like they are talking to themselves to remember who is with them and where they find refreshing. If stated out loud, it's somehow true. Do you do this? The psalmist is talking through the question they are asking of themselves – where is your God? And by speaking out loud they are talking themselves to the answer. They are remembering that God is always there. Reminding themselves that they need God and enjoyed fellowship in God's house. Do you need this? Do you need to remember that God is there?

Pray:

Lord Jesus, thank you for being here with me, thank you that I can come to you for refreshment. Thank you also for my brothers and sisters in Christ.

Try it out:

Try speaking out loud! I do it to remember things. So why not say out loud – God loves me. A fact to remember. Or if there is something else on your heart you need to remember, proclaim that too.