Meditation from Rev. Janice Stamper

Dear Friends in Christ,

I greet you in the name of our Lord Jesus Christ.

Let us take a moment to center ourselves in God’s holy presence.

Today’s Psalm reading is from Psalm 23:

The Lord is my shepherd, I shall not want.
   He makes me lie down in green pastures;
he leads me beside still waters;
   he restores my soul.
He leads me in right paths
   for his name’s sake.

Even though I walk through the darkest valley,
   I fear no evil;
for you are with me;
   your rod and your staff—
   they comfort me.

You prepare a table before me
   in the presence of my enemies;
you anoint my head with oil;
   my cup overflows.
Surely goodness and mercy shall follow me
   all the days of my life,
and I shall dwell in the house of the Lord
   my whole life long.

If you grew up in the church like me then you are quite familiar with this psalm. Many have it memorized and can say it without giving it much thought. Today I invited you to slow down and ponder this promise.

The Lord is “my” shepherd. Let that sink into your soul. God is concerned about you and your family. This is very personal. Know that God is personally concerned about and caring for you during this pandemic.

God brings comfort. Whatever your worries and/or fears about this virus please know that God will bring you comfort. If you get the virus God will never leave you; God WILL comfort you.

God gives goodness and mercy. Seek the goodness of each day and dwell in God’s mercy. While there’s so much chaos in the world I invite you to focus on the good you see each day. Where are you seeing God? Who are angels helping others? And dwell in God’s mercy as you live each day.

God is the one personally caring for each one of us. God is the one bringing comfort to each soul God’s goodness and mercy are here. Let us claim these promises anew.

Please pray with me: Almighty and Everlasting God, we come separated physically yet connected spiritually. Help us to receive all the gifts of grace you freely give us in these trying times and to claim all the promises you give us in this psalm. Be with all God’s children and keep us safe. In Christ’s name we pray. Amen.

Rev. Janice Stamper