

Midweek Matters

Issue 32

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Take your everyday, ordinary life- your sleeping, eating, going-to-work, and walking-around life and place it before God as an offering." Romans 12:1 MSG



Did you spot the double rainbow on Tuesday morning? The girls were delighted to see it on the way to school. We talked about how a rainbow seen from above is actually a complete circle and not an arc as it appears to us on the ground. I felt like God was reminding me about the **never-ending** nature of His faithfulness, an unbroken circle, infinite and continual.

Putting a rainbow in the window was a feature of the first national lockdown and rainbows are a symbol of hope across many cultures. With even greater restrictions coming into force tomorrow it would be easy to give in to despair. **Hope is the antidote to despair.** I would argue that Christian hope is different to any other, it's not chance or wishful thinking, not a "I hope you have a good day", or "I hope this works out" sort of hope. Christian hope is a person. He is the "**God of hope**" (Romans 15:13) and this hope is "**an anchor for the soul, firm and secure**" (Hebrews 6:19). Where does this hope come from? Not from myself, "**My hope comes from Him**" (Psalm 62:5). At a time when nothing seems certain, remember this - "**in the Lord God we have a sure thing**" (Isaiah 26:4).

Sunday 1st November 2020 - Sue Stevens

Sue brought a word of encouragement to us about self-esteem and how God wants to help us fight debilitating self-criticism. The course she mentioned is called "Keeping Health in Mind". One piece of "homework" from the course was to keep a note of any self-critical thoughts and to find a positive statement to contradict the negative one. I would go one step further than this and say write down the lie of the enemy you are believing e.g. "I am alone", "I am not loveable" (whatever it is for you) and invite God to tell you the truth. Sit, pray and listen to what he says to you. It may be a verse, it may be a word, or a picture, it may be a word or gift from someone else but be expectant. He longs to speak truth into your heart, indeed Jesus himself is "**the way, the truth and the life**" (John 14:6)!

*God Bless,
Hannah (with thanks to Sally for the image)*

P.S Join our 'reverse' advent calendar for the food bank at New Starts, collecting an item each day in November. Follow us on social media for your daily reminder.