

“Magnify the Lord”

We are offering a series of reflections for individuals and churches who may be finding it difficult to provide midweek prayer and shared learning from Scripture. You can use these by watching the YouTube video, reading the relevant Bible passage and then reflecting on the questions below. To help make this a shared activity, you are encouraged to reflect on this together with friends using an online conference package, or simply arrange with a friend for them to watch it too. Then ring each other up, share your thoughts and responses and then pray for one another, and pray together for our world.

Read Psalm 34:3-6 and/or Psalm 69:1-3 & 30-33

If you can, watch the YouTube video: <https://youtu.be/OopY3yeINzg>

As we continue to face difficult times, many of our concerns, fears, expectations, stresses, strains and even our hopes can become “Magnified”. The Psalms invite us to “Magnify the Lord” - helping us to get things back into perspective. Some questions you might consider:

What have I got out of perspective at the moment? Are there genuine concerns or expectations that you have allowed to get out of proportion? Do you need to acknowledge that and recalibrate your vision? Are there things you need to sort out, maybe a particular difference of opinion with a friend or loved one has become overblown by current circumstances? Have you perhaps been expecting too much of people? Is that something you also need to get back into perspective?

How can I magnify the Lord? Take some time to remember just how great our God is – beyond the scale! Immeasurable! Are you allowing yourself to realise that? Do you need to reclaim that reality or maybe just let that truth make a journey from your head to your heart? Take time to remember that God has been there for generation after generation, present in history for thousands of years. As you magnify the Lord, allow your present concerns to come back into perspective.

What can I concentrate on more closely? When we magnify, we have a chance to see the detail. Like the Psalm writer, you can magnify the Lord by reflecting on those things you can thank God for - perhaps choose a few items of detail. What is it about God that can really be a source of strength to you at the moment? Psalm 34 invites us to exalt God's name – what are some of the names or descriptions of God that you have heard that come to mind? Spend some time with the detail, pause to think about what those names and descriptions mean, what they might mean for you, what they have to say to us in our present situation.

PRAYER

Immeasurable and eternal God. Though the challenges and uncertainties that surround us are significant, help us keep our eyes fixed on you, and to recognise that you are beyond and above every human circumstance. Help me to grasp the scale of your majesty and remind me each day of the countless realities and expressions, that offer us glimpses of your nature and being. So help me to see things in their true perspective; to find the courage to face whatever circumstances come my way, and the grace to acknowledge where my fears and frustrations have become more than they should be. Through Christ our Lord and Saviour. AMEN.