

Nothing can separate us . . .

We are offering a series of reflections for individuals and churches who may be finding it difficult to arrange 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 could arrange to reflect on this together with others using an online conference platform, or simply arrange with a friend to spend some time watching and reflecting. Then ring each other up, share your thoughts and responses; then pray for one another, and pray together for our world.

Read Psalm 139:7-12 and Romans 8:38-39

Watch the YouTube Video: <https://youtu.be/zVANgAvFD54>

Now spend some time reflecting on these two key statements:

Nothing can separate us from the love of God in Jesus our Lord

Wherever I go – you are there.

Think about times and occasions in your life where you have particularly known this to be true. They may be things that you draw from past experience, or they may be times when you have discovered this to be true in the present reality. Spend some time holding these things in your mind – use these experiences to earth you in the truth of the statements above. Even if you struggle to find or recall such experiences – spend some time simply affirming these truths – choose to believe them. Let this statements define the realities that you are currently facing.

What feelings and emotions am I experiencing at the moment? What spiritual highs and lows are you going through – as you reflect on these, declare again the truth of the statements above.

What new daily and weekly rhythms am I experiencing? Take time to recognise those moments when you particularly sense God's presence and those where you struggle to know it – again, as you reflect on these, declare the truth of the statements above.

What new and unexpected experiences am I encountering? Again, spend time exploring how these have helped you experience more of God's presence and love, and where this has been harder. Once again, let the truth of the statements above help define your understanding of them.

What are you hiding from God? Try to recognise those parts of your life that you perhaps try to hide away from God. Ask yourself why – be assured of God's love and grace as you seek to become more open to God's presence.

Allow the three affirmations of Psalm 139 to encourage and sustain you

“Your hand will guide me”

“Your hand will hold me fast”

“My darkness is not darkness to you”

PRAYER

Ever present God,
whose love knows no bounds,
except those that I might imagine or presume for myself,
hold me fast with the truth that nothing can separate me from you.
Help me to embrace new and familiar experiences,
confident in the promise that you are present in each of them.
Even though the circumstances we currently face,
expose us so many different emotions and reactions,
help me in all of them to be confident that you are with me.
When it is obvious and clear,
help me to be strengthened and sustained by your presence;
when I struggle to perceive it,
grant me the faith and hope to believe that it is no less true;
and when I would prefer to hide from it,
grant me the courage and grace to be open to your searching love.
And so may I grow in your love
as I journey with you
in these uncharted pathways
that life has placed before us.
Through Jesus our Lord AMEN