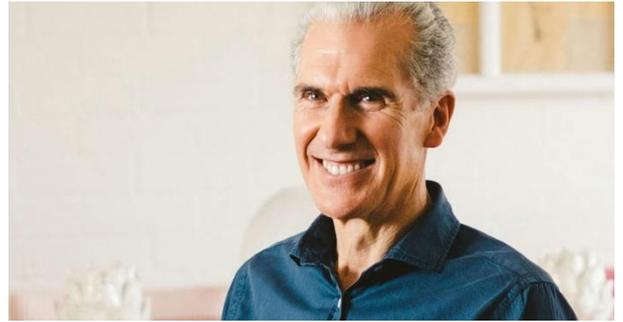


Tuesday 24 March

Just over a week ago Nicky Gumbel (Vicar of Holy Trinity Brompton, author of the Alpha Course and of many books) gave a talk on our response as Christians to the Coronavirus epidemic.



He made 6 points in all. Here are the first two, in my words as far as possible.

1) Stay prayerful

When Jesus was in the boat on Lake Tiberias with his disciples and the storm threatened to swamp the boat, how do you think his followers felt? Very fearful!

You and I are very fearful at the moment. Nicky emphasises how we should remember that Jesus is in the boat. If we keep looking at the storm, fear increases. If we actively believe that Jesus is in the boat alongside us, faith rises. Fear paralyses, faith releases.

You and I cannot calm the storm, so we need to ask Jesus to do this. As Christians we are to intercede for our nation and the world.

2) Stay wise

2 Timothy 1: 7 says: 'For God has not given us a spirit of fear, but of power and of love and of a sound mind.'

As followers of Jesus we believe in prayer, but we must also believe in – soap!

Instead of singing Happy Birthday twice over while hand washing, how about saying something from the Bible? For the last week I have been repeating this verse from Psalm 103 several times a day.

***Bless the Lord, O my soul,
and all that is within me,
bless his holy name.***

Prayer:

Lord God, as Jesus was in the boat with his disciples, so we believe you are with us now in the midst of this crisis. Teach us, we pray, to rely on you in prayer and to draw close to you. Amen.