

A reflection for July

Time.

Time out.

Time to recover.

Time to take stock.

Time to get outside.

Time to spend with others.

Time to get involved in activities.

Time to ...?

Summertime can be many things. Maybe it's just a warmer version of every other time in your life. Maybe it's a special time – for holidays, galas, family, visits. Maybe it's a difficult time – of loneliness, loss, fear, anger. There are no rights and wrongs to what summer is to you, and there is a time and season for all of these things in life.

But my prayer for you this summer is that amongst all the other things, there might be time to rest, to be restored, to be refreshed, to be renewed. A Sabbath time. A time to know you are loved, and to rest in the love of God.

Some words of hope and restoration - Psalm 23:

The Lord is my shepherd, I shall lack nothing.

He makes me lie down in green pastures,

he leads me beside quiet waters,

he restores my soul.

He guides me in paths of righteousness for his name's sake.

Even though I walk through the valley of the shadow of death, I will 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 love will follow me all the days of my life,

and I will dwell in the house of the Lord for ever.

Amen