

DAY 19 OF LOCKDOWN REFLECTION – 14 April 2020

Good day dear Saints of False Bay Diocese and beyond,

Yesterday our Archbishop Thabo Makgoba had a zoom meeting dialogue with the Youth of ACSA. With this in mind, I base today's reflection on Psalm 119:9-16. **Please read it for yourselves.**

Our learners and students are concerned that their school and university careers will be irreparably damaged by this lockdown. All of us have the added stress of 24 hour access to social media and news channels. There is a need for us to be disciplined with our viewing for our own sanity. We can do no other but take one day at a time. Listen to music, read, learn to cook. It helps to have a light framework routine – not cast in stone but variable according to need. Reading to include enjoyable reading, not only serious.

Our young people are giving us positive examples of action and help for other young people. The more affluent are calling their less affluent class-mates to check in with them. Regardless of age, let each of us today call to check in with one young person in our own family or the family of the church. If needed, it may be possible for you to load some data on their phones for them.

The psalmist asks the question – 'how can young people keep their way pure'? Let us look again at the verses in this passage. There are clearly a number of decisions and actions which we might want to take to ensure that we are on the right track.

Life is an adventure with many challenges. Finding a **moral compass** and a **gracious anchor** is a **vital skill** for young people – looking carefully at the way they are going and checking against the way God has called them to be (vv 9-10).

The enthusiasm of young people means that when they have recognised the virtue of something they are ready to embrace and share it. A negligent, careless, procrastinating response will not keep us safe.

I encourage our young people and children to set themselves the task of learning Psalm 119 and value its effect on their lives.

All the guidance and direction in Psalm 119 is part of the nourishment which will help young people grow into strong, honourable adults. Some of us older people would do well to also be guided and directed by this psalm to become better role models. The psalmist also makes us aware that young people who are malnourished spiritually are in danger of poor spiritual growth.

The Psalmist invites us to accept the discipline of God's Word and to grow in maturity and wisdom.

Prayer

I invite you to pray with me, the **Prayer for Young People** at paragraph 22 on page 89 of An APB.

Jesus Christ, our Teacher, bless all those called to serve you in caring and nurturing our young people. **Amen**

Reflection

Encourage one another, including our children and young people to ***gossip the gospel*** throughout cyberspace.

God, bless Africa. Guard our children. Guide our leaders. Heal our world. And give us peace. For Jesus Christ sake. **Amen**