

THOUGHTS AND PRAYERS FOR THE DAY: LOCK DOWN

DAY 20 OF LOCKDOWN REFLECTION – 15 APRIL 2020

Good day very special family and friends of False Bay Diocese,

We have reached the penultimate day of the first phase of the lockdown. We are all in it together and this too will pass.

I went to bed last night with the song 'Let your Living Waters Flow over my Soul' ringing in my head and heart. I offer it to you. It is the basis of my reflection today together with [Isaiah 44:1-5](#) and [John 4:5-42](#). Please read these passages and sing the Chorus.

In Isaiah we read that the prophet hears God's voice reaffirming to Israel that she is God's servant, his chosen, and saying again, '**Fear not**'. The thought in verses 3-5 speaks to us in our situation. Let us claim this prophesy for ourselves, that through this global pandemic, we are the new nation to be formed. **God will** pour out God's Spirit and God's blessing upon our **future offspring** so that they will be as numerous as grass and reeds, by a **flowing stream**. We are becoming the new False Bay by God's Spirit. I pray for the outpouring of God's Spirit in our midst to lead and empower us in this time of crisis. Learners and Students, **do not fear**, you are the **offspring** referred to and our future leaders.

A Sikh giving an address at a funeral once said that the deceased was like water, "for she gave us life, cleansed and refreshed us. But she was also like water because she assumed the shape of whoever she was with." (End of quote).

What a wonderful tribute to be compared to water, a scriptural image for the life of God! May we too display those life-giving qualities.

John 4:5-42 is the well known passage of **Jesus and the Samaritan Woman at the Well**.

Friends, Covid 19 has closed our **churches** but God has opened one in **every home**. In your home, I invite you to reflect and pay attention to what this passage is saying to you today. We are faced with the reality of people being hungry; we are faced with the reality of security forces being brutal in Tafelsig, Mitchells Plain and elsewhere; we are faced with the reality of having to stay home to help flatten the curve of the corona virus. Are we perhaps denying and ignoring these realities? As individuals or families, let us make out a list of the **realities** in our communities and a list of '**our have no bucket**' phrases, and then pray to be delivered from every form of prejudice, from every form of attachment, which blinds us to the gifts God is offering us to meet these realities in the truth of things. In your '**house church**' quietly commit to work together for the local community, then we can come to know that there is a spring within us welling up to eternal life.

Yesterday I made a humble request that you make a call and reach out to a young person in your family, church or community. Today, I ask that you reach out to any person you know in the security forces.

Let us Pray: A Prayer for Openness (Joyce Rupp)

Open my mind to remember your presence. Open my mouth to speak your wisdom. Open my heart to extend your love. Open my hands to serve you generously. Open my whole being to you.

As family and friends of the Diocese, let us be open to the Holy One's presence. Let God's living water flow over our souls.

I am, because we are, because God is.....Opening hearts to heal God's world. **Amen**