

LOCKDOWN DAY 33 REFLECTION – 28 APRIL 2020

Good day dear family and friends of False Bay,

Scripture Reading: Luke 24:13-35 (Walk to Emmaus)

Hymn: *Fear Thou Not*

We hold on to the comfort of God's real presence and hope for life after Covid 19. Our hearts and prayers go out to our educators, parents and children with the uncertainty as to whether the school year can be saved. The briefing of the media by the Ministers of Education has been postponed indefinitely. At the moment our children are **bouncing** off the walls, yelling. Don't panic, the day will come when they are back in the classrooms, **bouncing** their questions off each other and the teacher.

We are all in the company of those two disciples on the road to Emmaus. They were exhausted, disappointment was weighing them down, anxiety had drained them, sadness had pulled them down, uncertainty was choking them.

They did not recognize that Jesus was walking with them. Jesus who had said to them that he was meant to "suffer these things and then enter into his glory" but they still did not recognize him. It was only when they invited Jesus to stay with them, and he sat at table with them and broke the bread, that the veil was lifted and they knew that Jesus was Lord and he had risen indeed.

Hy het waarlik opgestaan. Uvukile ngokwenene, Haleluya. He is risen indeed.

What about us as we continue in **isolation**? Are we immune to doubt and despair? Clearly not. We walk on the road to Emmaus on many a day of misgivings, when more bad news of the pandemic makes us question if God is in heaven.

Sometimes our hearts are filled with the kind of complaints that concerned the two disciples on the road to Emmaus. Like them, we are tempted to tell each other of all the terrible things that have happened - the unfairness of no work no pay, the loneliness of life, domestic quarrels – and all these things so fill our lives that we fail once again to recognise Jesus.

Light a candle and place it next to a cross or crucifix and place your troubles at the foot of the cross. Use the **moment to sustain** you through the week. Jesus is at home with you. Like with the disciples, Jesus comes to us in the midst of our upside-down lives. The **presence** of Jesus with us, does not **change** the reality of Covid 19, rather it **changes** us. The **miracle of prayer** is that we emerge renewed, reinvigorated and revived. I pray that we will recognise Jesus **alongside** us and **in** us.

Peace be with you. Lube nawe kanjalo. Vrede vir u.

Today, reach out to someone who needs to hear your gentle voice and the reassurance that our Heavenly Parent is especially close to the brokenhearted and deeply cares for us all.

Prayers: We say or sing the hymn: 'Be still for the presence of the Lord... We pray that the Lord will take away our fears and nurture our faith. We thank God for God's grace, love and mercy.

I am, Because we Are, Because God is ... Opening hearts to heal God's world. The peace of the Lord be with you always. God loves you and so do I.