

LOCKDOWN DAY 76 – 10 JUNE 2020

Good day dear family of False Bay Diocese and our valued friends,

Scripture: Matthew 5:17-19 Hymn: *When upon life's billows you are tempest tossed (Count your blessings)*

We are experiencing the Cape of Storms in so many ways today, including the weather, homelessness and escalating gang violence and destruction. Please continue to sort, wash and put aside clothes and blankets. We are going to need a lot as the winter weather has now set in.

You may feel overwhelmed with expectations clamoring for a morsel of your time. Please do not sink into the paralysis of anxiety. We can handle everything with the Triune God at our side. Covid 19 has helped us to put to rest the wildness of endless activity. Breathe in calmness and breathe out anxiety and lack of peace. Rest in the Peace-Givers presence. As we offer our hearts to God's presence, God's love, light, law, prophecy and peace will stream through us to others who are facing even bigger and unexpected challenges than we are in these strange times of Covid-19.

When we are truly **salt cellars** for God, we will have interest in the needs of our church and community. Thank you for your loyalty and delight in the Lord. Thank you for your commitment to bring about healing and renewal in your homes, church and community. None of us are immune from darkness. We are encouraged to keep the faith in the midst of life's darkness, to remain upright in conduct, gracious and compassionate. As temples of the living God, we are willing to act differently according to God's expectations, not worldly expectations. I can see the combined lights of the clergy and people of the Diocese lighting up the whole Diocese. "This little light of mine, I'm gonna let it shine, for you and for me!!" We are not perfect. Jesus is looking at us warmly, patiently and compassionately.

Today's reading encourages us to **choose life**, to love God, to walk in God's road, to keep the law, to do what is good. Sadly, many people are walking on back roads because of being tested positive with Covid 19. Please help everybody to understand that we would love to minister to them, to pray for them over the phone, to help with a food parcel or shopping if needed. Please make it clear to everyone that there is no stigma attached.

Each one of us has our own job to do during this lockdown. In choosing life, we are choosing to do what is creative, building up. This requires action, not wishful thinking. Choosing life includes **giving help** and being willing to **receive help** when needed. God knows our inner attitudes and outward observable behaviour. Either we run the day with God's help or the day runs us.

In conclusion, today's gospel reading is about **breaking and building**: The law of God is meant to build us. It was so designed by God as to help us by keeping us safe from all harm and danger. Without God's law we would be like motorists without traffic lights to guide them on a very busy road junction. Not only would we put at risk our own lives by exposing ourselves to harm but worse still we would endanger the lives of others as well. When we break God's law we can only break ourselves. To break God's law is bad enough. What is worse is to teach others to break it. What an awesome responsibility is ours! Our real greatness lies in fulfilling God's law and helping others to observe and obey it.

Today, please **reach out** to someone who has touched your life with their goodness, or **reach out** to that someone who needs your touch of goodness.

In our **prayers** we thank God that even though we are tempest tossed by life's billows, we recall Psalm 90:1, which reads "Lord, you have been our dwelling place in all generations." We count our blessings of being alive, having oxygen to breathe, water to drink. We count our blessings that our inner soul knows and feels God's powerful presence. Our lives are richer for knowing God. We thank God for allowing us the opportunity to care for others who are feeling defeated and are crying. May we reach out to them with the goodness of God to heal their brokenness and that God's light will shine forth from them again. We pray this through Christ our Lord. Amen.

I am, Because we Are, Because God is ... Opening hearts to heal God's world. *Count your blessings and be a blessing.*