

**This week, each weekday will reflect on a verse of a poem I wrote a few years ago.**

**This poem is a meditation, inspired by the Apostle Paul's letter to the [Philippians 4: 6](#): "Don't worry about anything, instead pray about everything and tell God your needs" ....**

Verse 2 for Tuesday 28<sup>th</sup> April:

**I should feel the love and the joy that they share,  
but there's nothing, a void, just an emptiness there.....**

**Come walk with me, up, and down through the fells,  
where the warm breezes whisper and the angry storm yells.**

**Shout out your longings; pray with silence or sighs.**

**Although you can't see, the air's filled with your cries.**

**Breathe them out, and then, the next breath that you take,**

**know my Spirit is in you, and it's all for my sake.**

**Seek me first and the rest will be given to you,  
filled, overflowing, blessed through and through.**



You just feel nothing or numbed – what's the matter with you? What has robbed you of appreciating the joy 'they' are experiencing? It's like you're on the outside looking in...

Is there deepdown some painful memory of disappointment or failure or memory of things 'just not working out', that 'this event' before your eyes is triggering?

Does the thought enter your mind that 'life could have been so different' and now it's living with the 'what if's and if only's'..it's too late to change. You feel alone and lonely, with no one you dare to confide in, because it seems so awfully self-centred and self pitying? And you do have so much to be thankful for....

Yet, whatever we're feeling, God is with us. Jonah should have felt so glad that God had pity on the people of Nineveh, but he didn't, because actually it hadn't gone the way he thought it should.

**Jonah 3: 10; 4: 1, 2b – 4, 11**

**When God saw what the people of Nineveh did and how they had turned from their evil ways, he had compassion upon them and did not bring upon them the destruction he had threatened. But Jonah was greatly displeased and became angry...."I knew that you are a gracious and compassionate God", he said, "slow to anger and abounding in love, a God who relents from sending calamity. Now, O Lord, take away my life, for it is better for me to die than to live." But the Lord replied: "Nineveh has more than a hundred and twenty thousand people, who cannot tell their right hand from their left, and many cattle as well. Should I not be concerned about that great city?"**



Jonah at the centre.....



Jesus at the centre.....

Sometimes we find we're angry with God. There is sometimes a sense of betrayal and dismay – if only God had listened to the prayer and done it our way!

But the challenging question for us is “Are we putting ourselves at the centre of everything rather than giving that place to the mighty Sovereign God”?,

**Matthew 6: 25, 33: Jesus taught “Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more important than food and the body more important than clothes? But seek first his kingdom and his righteousness, and all these things will be given to you as well.”**

A song we often sing by Michael Frye

Jesus, be the centre  
Be my source, be my light  
Jesus

Jesus, be the centre  
Be my hope, be my song  
Jesus

Be the fire in my heart  
Be the wind in these sails  
Be the reason that I live  
Jesus, Jesus

Jesus, be my vision  
Be my path, be my guide  
Jesus

Jesus, be the fire in my heart  
Be the wind in these sails  
Be the reason that I live  
Jesus, Jesus

Jesus, be the centre  
Be my source, be my light  
Jesus

Be my source, be my light  
Jesus