

PSALMS OF HOPE

@BromleyBaptistChurch

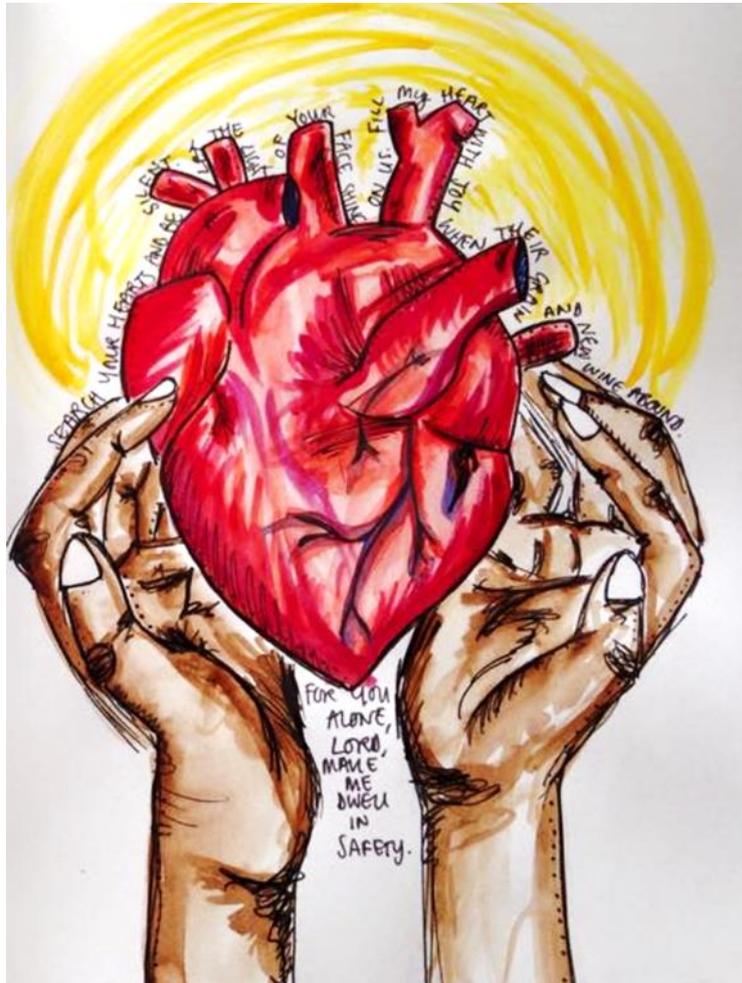


Bromley Baptist Church's 2021 Lent Programme

Tuesday 9 March

Reflection #21

JESUS TOOK NAPS! BE LIKE JESUS!



Pray:

My Lord: thank you for the daily journey you are taking me on. Thank you that you and you alone guide my footsteps. You go before me, you are ever with me, your hands steer me and you always lead me on the right paths. As I commit each day to you, I know Lord that you will always direct me, inspire me, teach me and discipline me. How can I but praise you for this journey that you are taking me on, in the full knowledge that your loving arms are with me for the entirety of the adventure. By your strength Lord, help me today, and always, to give ALL praise glory and honour to your holy name. **Amen.**

Introduction:

I am behind this week. I only work part time and when things don't go to plan there is little room in the diary to catch up! As a diabetic, I have regular scans of my eyes and this time round they were uncertain about something at the back of my eye. So, with short notice, I got called in for a fancy ultrasound of my eyes. This time round the drops hurt my eyes and left me with a cracking headache. I spent Monday with my eyes mostly closed and well away from my computer. I'm not a good patient and hate days when my body has a blip and stops me doing what I need to do. At some point you may get to experience me (Darren) having a hypo, which my family tell me can actually be a bit funny! Melanie says that sometimes it's my body's way of saying you need a break. Melanie has a great T-shirt that makes the point well. It says '**Jesus took naps! Be like Jesus!**'

**Read: Psalm 4:8 (NIV)**

In peace I will lie down and sleep,
for you alone, Lord,
make me dwell in safety.

Consider:

Do you stop? Do you worry too much? Do you give yourself time to recover?

Today has made me realise it's OK to stop. I really struggled to get out of the hospital and back to my wife. But if I'm truthful I still tried to do some bits of work in the afternoon, but it's made me realise we do need to stop at times and let our bodies recover. We need to rest, to heal, because we don't know what challenges tomorrow brings.

Do you often do too much as you feel you don't want to let people down? Feel you have stuff that can't wait? Consider maybe taking time out to think about it. Monday night I truly felt like my head would explode, it was horrid. The headache continued into Tuesday. Maybe if I had stopped at the beginning for a proper rest, it may not have got so bad? I don't know, but maybe I've learnt a lesson? I know that once I got to bed and tried to sleep, I felt God say 'It's horrible but I'll get you through this.'

Pray:

Pray that God will show you when to stop. It is probably only going to be to take a day out. But allow God to show you what that truly means. Pray we will listen more to God and not to other people.

Try it out:

Why not try to take time out? I know that I'm going to try to take my day off with my wife and make it a higher priority. Not because I'm being selfish (although we feel it when we do it) but because I know we need to restore ourselves to be able to continue fully in God's work and give him our best. Sabbath does not have to be a Sunday. Make sure you take your sabbath. We can dwell in the Lord's safety.

Darren