

I love watching Songs of Praise on a Sunday – For one thing I can sing along to my heart's content without emptying the room ! Recently on the programme, Katie Piper interviewed the Revd Chris Lee from West London, a really inspiring young vicar aiming to spread the love of God and to bring people to Jesus. He does 60 second sermons , keeps the message simple using Bible verses and his own reflections. He now has a following on Instagram of 170,000 people – non believers, Christians, people who have strayed from Church and people from other faiths. I don't know anything much about social media but that seems impressive to me. He said that these were difficult and distressing times but followed it with a very insistent plea of “Don't let go of God “

That got me thinking about the whole importance of keeping ourselves focused on God – it can be hard in normal times with life's worries and distractions let alone during the upheavals and uncertainties of this worldwide pandemic. How easy it could be to focus on all these problems, the heartache, the sombre statistics and so on and let God slip away into the background and maybe forget about Him altogether for long periods of time.

If that happened and we tried relying on our own efforts, putting ourselves first, our problems would simply get bigger every day. Our love for God would probably grow cold though He is always there by our side, our minds filled with an ever growing despondency. Maybe we would start doubting as the light started fading from our lives and our predicaments worsened .

Meditation, prayer and quiet reflection every day can help us keep focused on God. He is the one who can really help us. His love for us is steadfast and as deep as the ocean. It is more important than ever to stay close to God today and see Him at work in nature and in people all around us. Far better to lean on our faith and focus on God in these troubled times, remaining faithful to Him and trusting Him implicitly. He is there loving us all - all of the time. Let us make time for God no matter the circumstances, putting Him first and not ourselves or our anxieties , listening to the Holy Spirit and following Christ.

“ The more you focus on yourself, the more distracted you will be from the proper path. The more you know Him and commune with Him, the more the Spirit will make you like Him. The more you are like Him, the better you will understand His utter sufficiency for all of life's difficulties. And that is the only way to know real satisfaction “ John Mac Arthur

“Instead of thinking about how hard the test is, we can instead focus on asking the lord to enlarge our understanding “ Crystal McDowell

A few Bible verses to reflect upon

John 15 2, 4-6

“I am the true vine and my Father is the vine- grower. Abide in me as I abide in you. Just as the branch cannot bear fruit by itself unless it abides in the vine, neither can you unless you abide in me. I am the vine, you are the branches. Those who abide in me and I in them bear much fruit , because apart from me you can do nothing”

Psalm 91 14- 16

“ Those who love me , I will deliver; I will protect those who know my name. When they call to me, I will answer them; I will be with them in their trouble, I will rescue them and honour them”

Isaiah 26 3-5

“ Those of steadfast mind you keep in peace- in peace because they trust in you. Trust in the Lord for ever , for in the Lord God you have an everlasting rock.”

Proverbs 3 v 5- 7

“ Trust in the lord with all your heart, and do not rely on your own insight, In all your ways acknowledge him, and he will make straight your paths.”

A hymn on You tube      “ Focus my eyes on you Lord”      Divine Hymns

Focus my eyes on you, oh Lord,

Focus my eyes on you

To worship in Spirit and in truth

Focus my eyes on you.

Turn round my life to you, oh Lord,

Turn round my life to you

To know from this night you've made me new

Turn round my life to you

Fill up my heart with praise, oh Lord,

Fill up my heart with praise

To speak of your love in every place

Fill up my heart with praise.

May we all stay focused this week and remember Revd Lee's words “ Don't let go of God”

