

Meditation -Truth and Trust – May 2021

We have been blessed over the Easter period in having the wonderful words of Jesus, from St John's Gospel, encouraging us, reassuring us, comforting us.

The familiar verse from John 14, 6

"I am the way, and the **truth**, and the life; no one comes to the Father but through Me", set me to thinking a lot about TRUTH and its companion TRUST.

At a time when I find that our society, our world and politicians often function through soundbites, half-truths, lies and deceptions and the withholding of truths, I struggle with who to believe and who to follow.

I looked up definitions for the words, **truth**, **trust** and **confidence**...

Truth - that which is true or in accordance with fact or reality.

Trust - firm belief in the reliability, truth, or ability of someone or something.

Confidence - the feeling or belief that one can have faith in or rely on someone or something.

What do I conclude?

That the one we can rely on, have faith in is our Risen Lord.

From where can we receive strength, in a confusing, every-changing world - the Holy Spirit.

And from whom can we find comfort – our Loving Father.

Returning to Scripture,

In Psalm 143 verse 8

Let the morning bring me word of your unfailing love,

For I have put my **trust** in you.

Show me the way I should go,

For to you I **entrust** my life.

In Proverbs 3, 5-6

Trust in the LORD with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight.

In John 14,12

I tell you the **truth**, anyone who has faith in me will do what I have been doing. He will do even greater things than these, because I am going to the Father

John 14,16-17

I will ask the Father, and He will give you another Helper, that He may be with you forever; that is the Spirit of **truth**, whom the world cannot receive, because it does not see Him or know Him, but you know Him because He abides with you and will be in you.

John 16,13

But when he, the Spirit of **truth**, comes, he will guide you into all the **truth**. He will not speak on his own; he will speak only what he hears, and he will tell you what is yet to come.

In his *Intercessions Handbook*, John Pritchard prays at Ascensiontide

Lord, put into our hearts an irresistible confidence that all is not as it seems, that love, **truth** and integrity are never defeated, that the kingdoms of this world will indeed become the Kingdom of God and of his Christ...

Take us back to the **truth** of a crucified, risen and ascended Lord.

Stuart Townend's version of *The Lord's My Shepherd* seems so appropriate when meditating on **Trust**:

<https://www.youtube.com/watch?v=-eIQQayhpak>

The Lord's my shepherd, I'll not want;
He makes me lie in pastures green.
He leads me by the still, still waters,
His goodness restores my soul.

**And I will trust in You alone,
And I will trust in You alone,
For Your endless mercy follows me,
Your goodness will lead me home.**

He guides my ways in righteousness,
And He anoints my head with oil,
And my cup, it overflows with joy,
I feast on His pure delights.

And though I walk the darkest path,
I will not fear the evil one,
For You are with me, and Your rod and staff
Are the comfort I need to know.

