



THINK ON THESE THINGS..... (our contributor this morning is Sue Martin)

**Reading:** 2 Thessalonians 2:16-17

Now may our Lord Jesus Christ himself and God our Father, who loved us and gave us eternal comfort and good hope through grace, comfort your hearts and strengthen them in every good work and word.

**Reflection:**

I recently had “one of those weeks” when life felt like being on a roller coaster. I expect all of us has experienced those times of ups and downs, when news we receive of family and friends is a mixture of good and bad.

As a consequence of this our emotions range from pleased/happy, hopeful, disappointed, upset, frustrated and angry. Sometimes the individual news events we hear make us feel different emotions for the various people concerned.

At times like this we are fortunate in that we always have a “secret weapon”! We can turn to God and our faith for help during the difficult weeks. We can be comforted and calmed by spending time in prayer and feel hopeful for the futures of ourselves and those we love.

**Breath-Prayer for Today:**

Dear Lord, Thank you for being there for us and those we love during the ups and downs of our lives and thank you for the support we find through our faith in you. Amen

