

Welcome to the second of our regular words of encouragement. Not being able to gather together as a Church means it is really important to feed our faith as much as we can.

My prayer is that these words will help strengthen and encourage you at this difficult time.

We are coming up to a time of year when it all becomes a bit lighter.

Are you kidding you may say! But what I mean by that is that it's the time of year when the clocks go forward.

Have you ever forgotten to change some clocks in the house but not others? For some, it can take a day or two to settle down and know 'O yes, that is the right time'.

Well any disruption caused by changes of clocks pales into insignificance compared to what's going on in our nation and world at the minute. What should be a time of really enjoying Spring and looking forward to Summer is now a time of fear and dread for many.

Life suddenly feels very different, very changeable and all the normal patterns of work, family life, catching up with people, and enjoying Church activities and services - all of that is thrown upside down.

Change is part of life, and so often is part of creativity and growth. Even in 'normal times' change can sometimes feel frustrating and is not always welcome. Right now, change seems scary and uninvited. We really don't know how the next few weeks and months are going to go.

Perhaps in the quiet moments you feel lots of conflicted emotions and have anxious thoughts. Our world is experiencing significant changes day by day and in so many ways are deeply worrying and concerning.

We need to know where our confidence is to be found.

In the Bible Hebrews 13 verse 8 says *'Jesus Christ is the same yesterday and today and forever'*

Jesus Christ is totally dependable and reliable. He is the Rock- our solid friend forever. He isn't changeable, fickle, or losing his way. No. Quite simply Jesus is *always wonderfully there*.

Life feels all over the place at the minute and we need to know we have Somebody who anchors us, Somebody who stabilises us, Someone who has always been there and who always will be there. Jesus stands alongside us as our Friend and leads us into our future.

We don't know quite how things are going to go but Jesus is a permanent, reliable, trustworthy, best friend any of us can have.

There has been lots of traumas and crisis through the ages, but Jesus has never been overwhelmed by them, and He will take *us* through these storms. He is our solid Rock.

A bible verse describing the Old Testament people says this:

*'... the spiritual rock that accompanied them... that rock was Christ'*  
(1 Corinthians 10:4)

Psalm 62: verses 1-2 says this:

*Truly my soul finds rest in God;  
my salvation comes from him.  
Truly he is my rock and my salvation;  
he is my fortress, I will never be shaken.*

This doesn't mean it's going to be easy- we know that. But it does mean we are not alone. And Jesus Christ- His strength, his perspective, his strong and reliable kindness and friendship reassures us and will help carry us through these days to come.

Amen