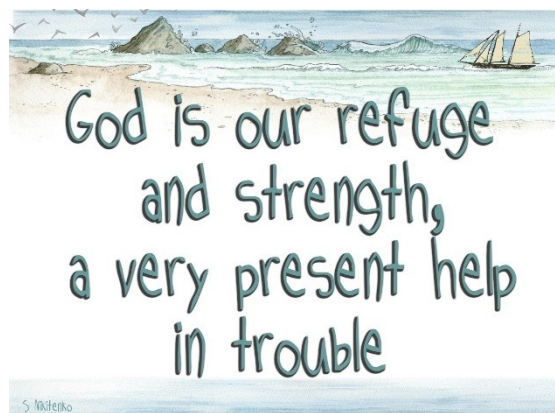


Sunday 26th January 2025

Finding Stillness in the Storm

As Storm Eowyn makes its way across the country, it's hard not to notice the chaos outside, maybe not here with us, but you only need to turn on your TV or computer, to see pictures and hear stories of the turmoil it is causing. The wind howling, the rain lashing down, nature feels wild and untamed. Storms, whether literal or figurative, have a way of unsettling us, shaking our sense of security. Yet, amid this, Psalm 46 offers us a profound message of hope:



This psalm doesn't promise us a life free from storms. It acknowledges the tremors of life—the roaring waters, the shifting mountains, and the uncertainty that comes with it all. But it reassures us of God's constant presence and unwavering strength.

The words, "Be still, and know that I am God," remind us to pause, to release control, and to trust in God's sovereignty. The Hebrew phrase for "be still" goes deeper than simply finding quiet; it's an invitation to "let go," to cease striving, and to rest in the knowledge that God is in control.

As we hear reports of the storm and all the damage it is causing, we are reminded of how little control in life we truly have. But we are also reminded of the One who holds all things in His hands. God is not distant; He is our refuge, a shelter we can run to when life feels overwhelming.

This week, I encourage you to take a moment of stillness, even in the middle of life's noise. Perhaps pause to reflect as you listen to the wind outside, or in the calm after the storm has passed. Take a deep breath,

and imagine placing your worries, fears, and burdens into God's hands. Let His steady presence bring you peace.

And as we pray for protection and safety, for ourselves or loved ones, during Storm Eowyn, let's also remember to look out for one another. Be that refuge and strength for someone who might be struggling—whether it's a kind word, a helping hand, or simply being present – we can all make a difference.

This week may help us to remember, the storms of life will come and go, but God's love and faithfulness remain steadfast. May you find stillness in His presence and carry that peace with you through the days ahead.

Blessings,

Rev Jade