

Thought for the day, Monday 20 April

Awake early this morning, listening to the dawn chorus, I sought Radio 4 to hear *Prayer for the Day*. It's a brief comment and prayer given by ministers of different faiths at about 5.45am

Today a British Muslim contributor, Zahid Hussain, spoke of how difficult it had been to miss the funeral of his closest friend's mother, to not even be able to go around and pay his respects. The corona virus had shaken his world, there were no more Friday Prayers, no family gatherings, no shaking hands, no hugging, no sharing meals. He summed up everything that people all over the country are facing and then said – the only way forward is to have hope, to hold on to the rope of faith and let it pull you through, closing his thoughts with; 'I believe that when the darkness recedes, and it will, that we'll return to a changed world, but one where we honour and cherish each other more than we did before.'

Then he paused and simply said, 'Lord hold us when we can't.'

All of us, of whatever faith, can say Amen to that.

The Celtic Christians of the past would have found his words resonated too, as they dealt with the threats of invasion, plague and famine. Yet, for all the troubles of their time, their prayers always spoke of the healing joy to be found in the simple things of life.

As the hand is made for holding  
And the eye for seeing,  
You have fashioned me, O Lord, for joy.  
Share with me the vision  
To find that joy everywhere  
In the wild violet's beauty  
The lark's melody  
In the face of a steadfast man,  
In a child's smile  
In a mother's love,  
In the purity of Jesus. Amen

*From the Celtic Spirit*

May you find consolation and peace in God's presence, delight in his creation and discover pleasure in the small things of life, this day and always. Amen