

Rosemary Presbyterian Church

Registered Charity in Northern Ireland - NIC 104448

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Dear Friends,

I hope you are continuing to keep well and that you are finding new rhythms of life during this pandemic.

Our lives often vacillate between two mutually exclusive emotions, joy and worry. How we are feeling at any given point depends on which one we are focussed.

The good weather, the ability to communicate with family and friends through modern means, as well as the lack of constant busyness and hurry in our lives have brought a sense of joy, while worry about our health, our loved ones and our future have sought to deprive us of that joy.

The Apostle Paul encourages us in Philippians 4:4 to rejoice and to make the Lord our ultimate source of joy. It is the Lord, His presence, provision and work in our lives, who truly lifts our spirits.

We are very fortunate to live so close to Cave Hill. I have been walking up Cave Hill (not to the top I hasten to add!) as part of my exercise and have been able to admire the beautiful wild flowers. As I looked at (and even photographed!) the dandelions, the bluebells, the buttercups and the wild garlic, to name a few, these words of Jesus in Luke 12:25-32 (The Message) came into my mind. Here Jesus tells us not to worry excessively about our lives, particularly our food or our clothes, but to keep our focus on the God who provides what we need, especially the Kingdom.



‘Walk into the fields and look at the wildflowers. They don’t fuss with their appearance—but have you ever seen colour and design quite like it? The ten best-dressed men and women in the country look shabby alongside them. If God gives such attention to the wildflowers, most of them never even seen, don’t you think he’ll attend to you, take pride in you, do his best for you?’

“What I’m trying to do here is get you to relax, not be so preoccupied with getting so you can respond to God’s giving. People who don’t know God and the way he works fuss over these things, but you know both God and how he works. Steep yourself in God-reality, God-initiative, God-provisions. You’ll find all your everyday human concerns will be met. Don’t be afraid of missing out. You’re my dearest friends! The Father wants to give you the very kingdom itself.’

Jesus is encouraging us to focus on the love and care of our Heavenly Father. Look at the wild flowers and how beautiful they are. The dandelion is so fragile and beautiful and yet God gives attention to it. God’s care of these wild flowers should enable us to trust Him with our lives. Steep yourself in God and you will find that your everyday human concerns will be met.

Worry, or concern, can have a positive impact on our lives as it can cause us to deal with potentially harmful, dangerous or difficult situations. Worry though, being overly anxious, can also be harmful to our health and damaging, even destructive, to our faith. Jesus is telling us our focus needs to be on looking to and trusting our Heavenly Father who knows what we need and is able to provide it for his children. Our challenge is to seek His kingdom first and everything else will then take its proper place in our lives.

