



God Alone

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God's sustaining power is always with us through moments of loss and through moments of joy.

One of the most influential Psalms to sustain us in the ups and downs of life is Psalm 46, verses 1-3. This Psalm causes us to truly rely on God as we endure throughout life. **¹God is our refuge and strength, a very present help in trouble. ²Therefore we will not fear, though the earth should change, though the mountains shake in the heart of the sea; ³though its waters roar and foam, though the mountains tremble with its tumult. *Selah***

God is our refuge. God is our strength.

Taizé music helps us to center and focus on what we know about God and how God is always present. These simple but rich songs guide us back to what is important in life especially when we are distracted and struggling.

Come and fill

Come and fill our hearts with your peace. You alone, O Lord, are holy.
Come and fill our hearts with your peace. Alleluia!

Friends, we make our way through life each day with many opportunities and challenges, laughter and tears, and good days and bad days. Some days find us questioning why things are the way they are in our lives, or why our world is so crazy. We find days where health is in doubt or we are going through the loss of loved ones and friends. Many of us are dealing with loneliness and wonder how we can fill our days with activities that give us interaction with others. Many of us have so much time on our hands that productivity suffers and we so much desire to stay active.

When we look to the world, we see and hear many disturbing events that make us wonder what is going on to cause so such turmoil.

- The many stabbings, killings, and hurt that is happening in the world.
- The clash of culture and diversity in our country has led to death, injury, and hatred among people.
- The hatred that has raised its ugly head infects our society and is tearing the very fabric of unity.

- The family that experiences grief on the death of a loved one in a distant war or in a community where one lives.
- The threats of nuclear standoffs tears at the global village. And the stresses that go with this situation.

Friends, life can get so disturbed with all that is happening in one's life that one can no longer make sense of it all. Just like a table strewn with papers, opened letters or discarded magazines, one's thoughts can be all over the place. Even well-ordered homes and lives can be thrown off by the interruptions and events of life. So much can happen in life that one looks to what is tangible and within one's control.

In God Alone

In God alone my soul can find rest and peace, in God my peace and joy.
Only in God my soul can find its rest, find its rest and peace.

Sometime back I had a conversation with a maintenance man at an apartment complex where i lived. He was troubled as he told me about all the financial struggles that were affecting his life. He was very concerned about how he was going to pay the mortgage, pay for food for his family and support his children.

I asked him, "With all these concerns troubling your mind right now, where is God in all this? Are you listening to what God is offering you as you go through this time?" He said, "you're asking me where my faith in God is during these confusing times?" "Yes," I said, "Where is God in all this clutter of emotions of fear, uncertainty and anxiety. God is there for you and me when we stop to listen and pray and center on God."

"Sometimes we forget to seek God in all the clutter and interruptions of life." He said, "You know I go to church and get together to pray and to study the bible. I forgot to turn to God for my peace because I was so wrapped in all of my thoughts and all of my fears." I could actually see a transformation off this man we he remembered God peace.

Come and fill

Come and fill our hearts with your peace. You alone, O Lord, are holy.
Come and fill our hearts with your peace. Alleluia!

Friends, it is essential that we remember who our God is and how God sustains us through life. We forget God and rely on other things that are temporary. It's important for us to get back into the presence of God.

Yes, waves of anxiety or fear can distract our lives. Change can also affect us. Finding the calm in God and refocus us to make it through all the rough times. We find God in a sanctuary and we can find God in nature as well as in times of prayer and goodness. We are to depend on God and to place our confidence in the God who gave us love and peace.

I believe God is asking us to place our trust in him as we deal with the interruptions and distractions swirling around us daily. We are not alone in this

endeavor. God is here. God will always be here. God is the morning. God will always be here. We are not alone!

King David also struggled with many troubles and anxieties in life and his leadership as people were going after him. He sought a place where he could take all his concerns and worries as he ruled the kingdom. He refocused his attention and life back into God's care through faith and hope.

The relationship David had with God brought him to a different place where his faith was firm. The confidence he had in God helped him to live through the many threats to his life.

The power of David's letting go of all the anxiety and fear brought him to totally give himself to God. These words speak to us as we depend on God. We affirm our faith and confidence in the sustaining power of God.

¹For God alone my soul waits in silence; from Him comes my salvation.

²He alone is my rock and my salvation, my fortress; I shall never be shaken.

⁵For God alone my soul waits in silence, for my hope is from Him.

⁶He alone is my rock and my salvation, my fortress; I shall not be shaken.

⁷On God rests my deliverance and my honor; my mighty rock, my refuge is in God.

⁸Trust in Him at all times, O people; pour out your heart before Him; God is a refuge for us. *Selah* [psalm 62:1-2, 5-8]

My dear sisters and brothers in Christ, I am asking you to live and seek God as we go through life together. God is needed more in today's world. God is the only one that we can turn to and depend on to move us through anxiety, fear and uncertainty as well as the changes we experience everyday. Whenever you feel these emotions rising to the forefront of your thinking, remember to go to God in prayer and give up your worries to the one who sustains us in life. Let us go to the One who is important in our lives as we live with God who sustains us throughout life.

Let us remember to go to God whenever distractions, interruptions, pain and grief confront us. May we depend on God's guidance to keep us as we journey into the future and continually make adjustment to living our lives. God will always love us.

The words of King David come back to us over and over again, **⁸Trust in Him at all times, O people; pour out your heart before Him; God is a refuge for us.**

Yes, God is a refuge for us.

In God Alone

In God alone my soul can find rest and peace, in God my peace and joy. Only in God my soul can find its rest, find its rest and peace.

I close with a prayer written by St. Boniface in the 6th century which has meaning for us even today as it has been carried throughout the ages. “Eternal God, the refuge and help of all your children, we praise you for all you have given us, for all you have done for us, for all that you are to us. In our weakness, you are strength, in our darkness, you are light, in our sorrow, you are comfort and peace. We cannot number your blessings, we cannot declare your love: for all your blessings we bless you. May we live as in your presence, and love the things that you love, and serve you in our daily lives; through Jesus Christ our Lord.” Amen.

Scriptural Support:

Psalm 62:1-12 (NRSV)

¹For God alone my soul waits in silence; from him comes my salvation.

²He alone is my rock and my salvation, my fortress; I shall never be shaken.

³How long will you assail a person, will you batter your victim, all of you, as you would a leaning wall, a tottering fence?

⁴Their only plan is to bring down a person of prominence. They take pleasure in falsehood; they bless with their mouths, but inwardly they curse. *Selah*

⁵For God alone my soul waits in silence, for my hope is from him.

⁶He alone is my rock and my salvation, my fortress; I shall not be shaken.

⁷On God rests my deliverance and my honor; my mighty rock, my refuge is in God.

⁸Trust in him at all times, O people; pour out your heart before him; God is a refuge for us. *Selah*

⁹Those of low estate are but a breath, those of high estate are a delusion; in the balances they go up; they are together lighter than a breath.

¹⁰Put no confidence in extortion, and set no vain hopes on robbery; if riches increase, do not set your heart on them.

¹¹Once God has spoken; twice have I heard this: that power belongs to God,

¹²and steadfast love belongs to you, O Lord. For you repay to all according to their work.