

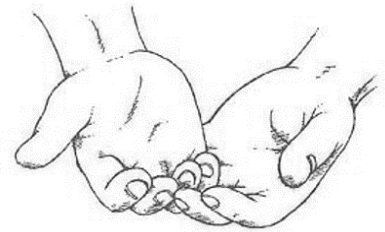
Father, I place into your hands.....

One of the hymns that we sing at St Martin's includes these words:

*Father, I place into your hands
The things I cannot do,
Father, I place into your hands
The things that I've been through.
Father, I place into your hands
The way that I should go,
For I know I always can trust you.*

*Father, I place into your hands
My friends and family.
Father, I place into your hands
The things that trouble me.
Father, I place into your hands
The person I would be,
For I know I always can trust you.*

We all know, I hope, that we can always trust God but I'm not sure that we always believe it. How easy it can be, when things get difficult, to start to worry and get stressed. I know that I do this and I'm sure that I'm not alone. Something goes wrong and before I realise what I'm doing it can seem as though I've taken on the whole troubles of the world! It is at these times that I need to remind myself of these hymn words and place into God's hands the things that trouble me.



Over recent months at St Martin's, a number of our congregation have faced some serious health issues that have kept them away from church and it has been wonderful over recent weeks to see how these friends have been returning to take their place among us once more. I give thanks to God for this – for they have been missed! This has been a reminder to me, and I imagine for you too, that there are times when all we can do is place our lives and the things we're going through into God's hands and trust him to look after us as only he can do.

Another area where we sometimes need to be reminded that we should turn to God is when we are troubled by difficult relationships. Perhaps we are struggling to get on with a family member or a friend or those we love are finding it difficult to get on with one another. We can feel helpless, not knowing what to say or do, and forget the one thing we need to do and simply place our friends and family into the hands of God.

A friend recently showed me some words that she had come across at the Memorial Chapel at RAF East Kirkby and they reinforce this message of our need to trust in God and hand over to him our concerns and leave them with him:

Good morning.

I am God. Today I will be handling all of your problems. Please remember that I do not need your help.

If the devil happens to deliver a situation to you that you cannot handle, do not attempt to resolve it. Kindly but it in the 'Something for Jesus to do' box. It will be addressed in MY time, not yours.

Once the matter is placed into the box, do not hold onto it or attempt to remove it. Holding on or removal will delay the resolution of your problem. If it is a situation that you think you are capable of handling, please consult me in prayer to be sure that it is the proper resolution.

Because I do not sleep nor do I slumber, there is no need for you to lose any sleep. Rest my child. If you need to contact me, I am only a prayer away.

May we take these words to heart – may we truly learn to trust in God and place whatever we are facing into God's hands.