

For week beginning 24th February 2025

Philippians 4:6-7

⁶ Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. ⁷ And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

Worrying about tomorrow can leave us feeling somewhat overwhelmed especially when we look at what is happening around the world; leaders making rash decisions causing a ripple effect on global stability; vying for lasting power through saying one thing whilst doing another...and so on. As a parent and grandparent, concern for the future of our children and grandchildren is at the fore in the present political climate but however justified these concerns may be, in focusing on tomorrow we miss what God is doing in our lives today!

Whilst pondering the words from Philippians 4:6-7, I was reminded of a much loved hymn from childhood. Written as a poem by Charles Crozat Converse in 1868 it became the hymn *What a friend we have in Jesus*. The wonderfully simple yet direct lyrics along with the verses above remind us to take *everything* to God in prayer. Prayer has a way of putting our worries in perspective and leading us back to the Presence of God. Below is the Hymn – I hope you enjoy it.

Revd Tish Bird

What a friend we have in Jesus (*Charles Crozat Converse, 1868*)

What a Friend we have in Jesus,
All our sins and griefs to bear!
What a privilege to carry
Everything to God in prayer!
O what peace we often forfeit,
O what needless pain we bear,
All because we do not carry
Everything to God in prayer!

Have we trials and temptations?
Is there trouble anywhere?
We should never be discouraged,
Take it to the Lord in prayer.
Can we find a friend so faithful
Who will all our sorrows share?
Jesus knows our every weakness,
Take it to the Lord in prayer.

Are we weak and heavy-laden,
Cumbered with a load of care?
Precious Savior, still our refuge—
Take it to the Lord in prayer;
Do thy friends despise, forsake thee?
Take it to the Lord in prayer;
In His arms He'll take and shield thee,
Thou wilt find a solace there.