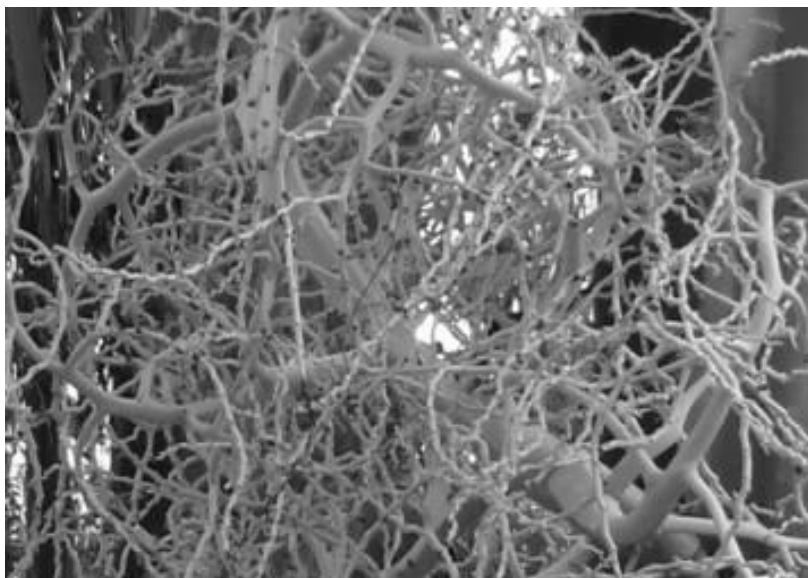


The past couple of years have been rather difficult and at times very confusing. For example, should we be wearing masks? How many family members can come and visit us in our homes? Can we begin to have morning tea after our Church services? The list could go on. I had other thoughts to write about this week but then realised, there are many people feeling tangled or confused at the moment and aren't sure what the future holds.



I was looking at some tangled branches one morning and thought of the tangles I'd encountered over my life – tangled wool, tangled wires, tangled hair, tangled relationships. Some tangles cause frustration as we seek to untangle the mess but others cause pain, perhaps surface pain

as in tangled hair, but then a much deeper pain when it comes to relationships. The relationship tangle may be at work, or at home, with a friend or with a family member or members, or in our community.

The tangled branches reminded me of a resident in a nursing home who was trying to untangle a bead necklace around her neck. Her comment was “it is a bit how I feel sometimes, all tangled up”. How often do we feel “all tangled up”, caught up with the many struggles in our lives not knowing which way to turn. When we are all tangled up we feel as though we have knots deep inside, and that is when fear and panic often descend. In Isaiah 41:10 we read:

“Don't panic. I am with you.
There's no need to fear for I am your God.
I will give you strength. I will help you.
I will hold you steady, and keep a firm grip on you”

A Prayer:

Gracious God on those days when we feel all tangled up, confused and don't know which way to turn, help us to remember that you are with us every step of the way holding us steady and with a firm grip. Amen

[Gaither Vocal Band - Where No One Stands Alone \(Live\) - YouTube](#)

Once I stood in the night
With my head bowed low
In the darkness as black as could be
And my heart felt alone and I cried, "Oh Lord
Don't hide your face from me"

Like a king, I may live in a palace so tall
With great riches to call my own
But I don't know a thing
In this whole wide world
That's worse than being alone

Hold my hand all the way, every hour, every day
Come here to the great unknown
Take my hand, let me stand
Where no-one stands alone

[Jim Reeves... "Peace in the Valley" with Lyrics - YouTube](#)

I'm tired and weary
But I must go along
Till the Lord comes to call me away, oh Lord
Well, the morning is bright
And the Lamb is the Light
And the night is as fair as the day

Oh, there will be peace in the valley for me, for me
There will be peace in the valley for me, oh Lord I pray
No more sadness, no more sadness, no more trouble there'll be
There will be peace in the valley for me, for me

Well, the bear will be gentle
The wolf will be tame
And the lion shall lay down with the lamb, oh yes
And the beasts from the wild
Will be led by a child
I'll be changed from this creature that I am

Oh, there will be peace in the valley for me some day
There will be peace in the valley for me, I pray
No more sadness, no more sadness, no more trouble there'll be
There will be peace in the valley for me, for me

Because He Lives

God sent His son, they called Him, Jesus;
He came to love, heal and forgive;
He lived and died to buy my pardon,
An empty grave is there to prove my Savior lives!

Because He lives, I can face tomorrow,
Because He lives, all fear is gone,
Because I know He holds the future,
And life is worth the living,
Just because He lives!

How sweet to hold a newborn baby,
And feel the pride and joy he brings;
But greater still the calm assurance:
This child can face uncertain days because He Lives!

Because He lives, I can face tomorrow,
Because He lives, all fear is gone;
Because I know He holds the future,
And life is worth the living,
Just because He lives!

And then one day, I'll cross the river,
I'll fight life's final war with pain;
And then, as death gives way to victory,
I'll see the lights of glory and I'll know He lives!

Because He lives, I can face tomorrow,
Because He lives, all fear is gone;
Because I know He holds the future,
And life is worth the living,
Just because He lives!

I've had a lovely time choosing these songs for you to listen to. They each have a message that reminds us that we are never alone, that He brings peace in our troubled moments, and because He lives we can face tomorrow without fear and makes our lives worth living.

I pray God will bless you as you listen to these songs.

Grace and Peace,
Lyn

0412 990 949