

Tuesday 13th October 2020

Psalm 4:7 *"You have filled my heart with greater joy
Than when their grain and new wine abound."*

Matthew 5:12 *"Rejoice and be glad, because great is your reward in heaven, for in the same way
they persecuted the prophets who were before you."*

Philippians 4:4 *"Rejoice in the Lord always. I will say it again: Rejoice!"*

For some people, particularly those who like to frequent pubs there isn't much joy in life at the moment. The freedom of meeting friends, travelling and hitting the shops has been severely curtailed. Many will be lonely dependent on the companionship of the TV. Some will turn inward and seek solace in alcohol or drugs. Many will moan and be miserable. Pessimism reigns.

And yet there is much to gladden the heart. Carers care; nurses nurse; neighbours call; postmen and supermarkets deliver; the trees are colourful and in East Lothian the air is fresh. Optimism should abound and for those who believe rejoicing is in order because whatever the dire nature of our circumstances Jesus Christ is with us. Rejoice indeed!