

Sunday 9th July 2023

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God is love, let us adore God by sharing God's love.

God is ever present, around us and within us, we worship together in God.

Reading Psalm 145

Reflection

"Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light." Matthew 11:28-30

There are times in all our lives when the journey feels to become too much. Illness, anxiety, or simply not learning to say no can lead to a meltdown. Faith reminds us we are never alone and the words of Jesus in Matthew remind us that life should not be this way.

Taking time out from busy lives is important, we need to get perspective and it hard to do that in the middle of all the demands so stepping outside is important. Mindfulness has become a focus for doing this, for taking the time to stop and remind ourselves what is important and learn to become more aware of ourselves and how we are relating to the world around us. There are many ways of doing this, simply sitting still, engaging in reflective art or photography, or walking through a wood or pasture.

We used to walk more, and we are encouraged to do so again for the benefit of the planet, but walking gives space for the mind to reflect.

I wonder if the psalmist was walking when he put together the words in Psalm 145. They certainly have a reflective feel to them. I have had an interesting relationship with the Psalms during my faith life. My first awareness of the Psalms came when I was given a bible at school, not so much for the Bible bit as the fact that it has hymns and psalms in it also. We all knew Psalm 23, usually as a hymn that was regularly sung even if we did not really understand some of the words and concepts. Psalms were a big part of church in Scotland and regularly sung on Sundays but I don't think they became any clearer in my mind for all that.

Later, engaging on the road to ministry, I was often frustrated by the Psalms. They seemed irrelevant to modern life and spoke of God in ways I did not recognise. Then I became interested in quantum theology and looking at the world, and God, in a different way. Ten years ago I was inspired to revisit the Psalms and look at them through the lens of quantum science. Could they be expressed in a way that reflected our new understanding but held true to their derivation? So began a project. As I have shared my writings with friends and congregations many have commented on how helpful the words are. Below is a version of Psalm 145 through the lens of quantum theology, I offer it for you to sit with and reflect upon. Perhaps it will inspire you to write your own Psalm.

Jesus urged his followers to take time to pray, to take time to reflect, for in doing these things we will identify the questions that puzzle and as we seek to answer those questions we may find ourselves on a new path. Understanding and recognising God with us is a blessing and the more we look for God the more our life will change. Take time.

Based on Psalm 145 (Psalms for a quantum world)

I will talk of you always;
every day I will thank you
and wonder at your awesome majesty.

Eternal God, you are always there,
within my life, within my being.
Generation to generation
we discover your might and praise you.
We meditate on your presence in creation,
from the heights to the depths,
from the awe-inspiring mountain
to the intricacy of the atom,

all held together in the power of the Spirit.
Creation provides for the needs of all people,
for all people are within your creation, within you.
In you is love,
unending, unconditional love.
In you is grace and forgiveness.
Let creation be thankful.
Let all people honour the bond of creation,
recognising your eternal power
and growing in oneness within your love.

In your love we are held fast.
When our world crumbles,
you are there.
When our burdens are heavy,
you are there.
We look to you in the eyes of a stranger
and find a friend, a companion on our journey.
We hold out our hand and find it filled
by the generosity of creation
through the loving hearts of brothers and sisters
near and far.
Eternal source of all being,
you are with us always
and we give thanks.

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