

Third Week of Advent
Friday 18 December 2020

Reflection 20 – Day 20

‘The Lord has done great things for us, and we are filled with joy’ (Psalm 129 NIV)

Perspective is a funny old thing. We all unintentionally view and interpret what we see based on our own unique lens that can be shaped by many different factors such as experience, demographic, education, race, economic situation etc. Our experience of life through Covid will have had an impact on how we see and experience joy. Whilst the pleasure of hospitality and sharing life with family and friends has been stripped back this last year, leading to a sense of loss and frustration, the opportunity to celebrate simple pleasures has emerged. A simple thing like sitting in a café with a nice cup of coffee and a book is now a moment I treasure more than ever and will have to wait until the New year to enjoy once more! Even without this experience, joy is still there. It is wrapped up in different places ready to be discovered. It can be found in the giving and sending of cards and gifts, telephone conversations that remind others we care, walks in the parks, a potter in the garden, spending time with our closest over zoom, treating ourselves to some chocolate or many, many other ways. And of course, spending time with God.

The psalmists in Psalm 126 recall the time when the Lord restored Israel’s fortunes. As you look closer at the psalm you realise that the current situation is not so good. There is a longing for God to act once more. But this longing is measured by the knowledge that God has been faithful, that God has delivered His people once and He will do it again. The psalmists chose to see joy in all that God has done, making the despair around them not their everything.

Lord God,

We praise you for your faithfulness and we thank you that joy is there in the midst of despair. Fill us with your Spirit, and help us to find moments of joy and to take note when we do. Let joy be a fruit of your Spirit in our lives.

In Jesus name,

Amen.