**Thursday 18th June**

Psalm 37: 23, 24

The Lord makes firm the steps
    of the one who delights in him;
**24**though he may stumble, he will not fall,
    for the Lord upholds him with His hand

Have you ever seen that experiment where somebody runs across the surface of custard? Surprisingly, their steps become firm. Now for the science part!: There’s a peculiar thing that happens with a suspension under pressure which makes it act like a solid instead of a liquid. Unseen forces uphold a person when you think that really they should sink.

We have the promise of an unseen hand holding us up, even when we feel that we might sink. Delighting ourselves in the Lord – enjoying His presence, giving Him praise – helps us to navigate the quagmire of life. The picture painted in vs24 reminds me of a small child learning to walk. The attentive parent is there to help when little legs give way. What an encouragement, that the Lord is there to lift us when we stumble.

*Father, thank you that you are attentive to the needs of your children. Thank you that you make our steps firm. We pray today for any who feel that they are sinking, whether that is due to depression, or anxiety over finance or relationships or simply because they have too much to do. We pray that today they would sense your hand upholding them. In Jesus name. Amen*

