### ****Monday 13th July -**** Mike Orman, Worship Pastor

### **1 Chronicles 16:8-11**

### **'Give praise to the Lord, proclaim his name; make known among the nations what he has done. Sing to him, sing praise to him: tell of all his wonderful acts. Glory in his holy name let the hearts of those who seek the Lord rejoice. Look to the Lord and his strength; seek his face always.'**

I wonder what is going on in your life today? As you scroll through social media and stumble on this or as you open your emails, where do you find yourself spiritually, emotionally and physically? Is life really good at the moment? As lockdown restrictions continue to lift and opportunities to meet with friends and family grow, people are able to get back to work again, take holidays, etc., maybe you are in a 'good place' and are enjoying all that life has to offer right now. 'Give praise to the Lord, proclaim his name; make known among the nations what He has done. Sing to him, sing praise to him; tell of His wonderful acts.'

Or perhaps as life begins to slowly resemble something we once called 'normal', maybe this hammers home the loss of a loved one, the loss of a job and financial security, or raises concern that the virus is still out there and the situation hasn't been fully resolved yet. 'Give praise to the Lord, proclaim his name; make known among the nations what He has done. Sing to him, sing praise to him; tell of His wonderful acts.'

Our situation and circumstances may change around us, but God doesn't change. 'Seek the Lord and His strength; seek His presence continually!' (ESV) Our perspective on life changes when we see things in God's presence. We recognise that we are not alone, that God is in control and that all things are possible! Praise and worship is such a great way to enter into His presence.

*Father, thank you that whatever we go through and wherever life throws our way, You are with us and You are for us.*

*Help us to seek You and Your presence continually.*

*We choose to praise Your name and fix our eyes on You, Jesus.*

*'Enter His gates with thanksgiving and His courts with praise; give thanks to Him and praise His name. For the Lord is good and his love endures forever; His faithfulness continues through all generations.' (Psalm 100:4-5). Amen.*