

## Daily strength



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If you are anything like me, you may go about life with a bag bursting with all kinds of important things, such as a Bible, phone, keys, cards, notebook, pens and sweets. It's a miracle my everyday tote bag hasn't burst yet!

Whenever I go to any hospital, I add something else to take to the people I visit there – a little booklet called *Daily Strength* (a friend from church very kindly gave me a set of them). This booklet contains a month's worth of Bible verses with encouraging verses for each day, several Psalms and the Lord's Prayer at the back.

The idea is that it's easier for someone who is feeling particularly unwell to pick up and look at, rather than reading a longer passage from the Bible. They can be reminded of important truths from God's Word in the suffering they are going through.

This year's PW theme is 'Being Transformed', and in preparing for my deputations I have been focusing on 2 Corinthians 4, where Paul talks about us having this "treasure in jars of clay" (v7) and how as Christians we are being "renewed day by day" (v16). When we feel like a delicate clay jar, fragile and easily cracked due to the suffering we go through – such as difficulties at work, ill health or bereavement – it's incredible to know that God is glad to put the treasure of the Holy Spirit in us, renewing us day by day to be like Jesus. What a comforting truth, especially on the days I get frustrated or overwhelmed and feel like I can't do anything right. The Holy Spirit continues to work in our weakness and later on in the same letter Paul reminds us again that the Lord's power is "made perfect" in our weakness (12:9).

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This treasure of the Holy Spirit is my daily strength in all the things I do around Whiteabbey, in pastoral visitation, leading at Girls' Association (company section, secondary school age), Friendship Hour (our senior ladies), Kids & Co (our mother and toddlers group), our home group, and our Village Youth Week in the summer. In taking part in prayer meetings, funerals and church services, prayer ministry, helping to run courses like 'Encountering Grief' (a four-week course to help bereaved members of the congregation), teaching the PoD (our first to third year Bible study) and organising seniors' events. Thank you, Lord, for your constant faithfulness in all of this!

### Please pray:

- Give thanks for the work of the Holy Spirit in Whiteabbey, and pray that those who are going through hard times would remember the treasure they have in him.
- For our assistant minister, Matthew, who at the time of writing is waiting for a call to his first charge. Pray for Matthew and his family – that God would guide them and prepare them for this special new chapter in their lives.
- For wisdom as we apply for and wait to appoint a new youth worker – that God would clearly reveal the right person.