



Connect

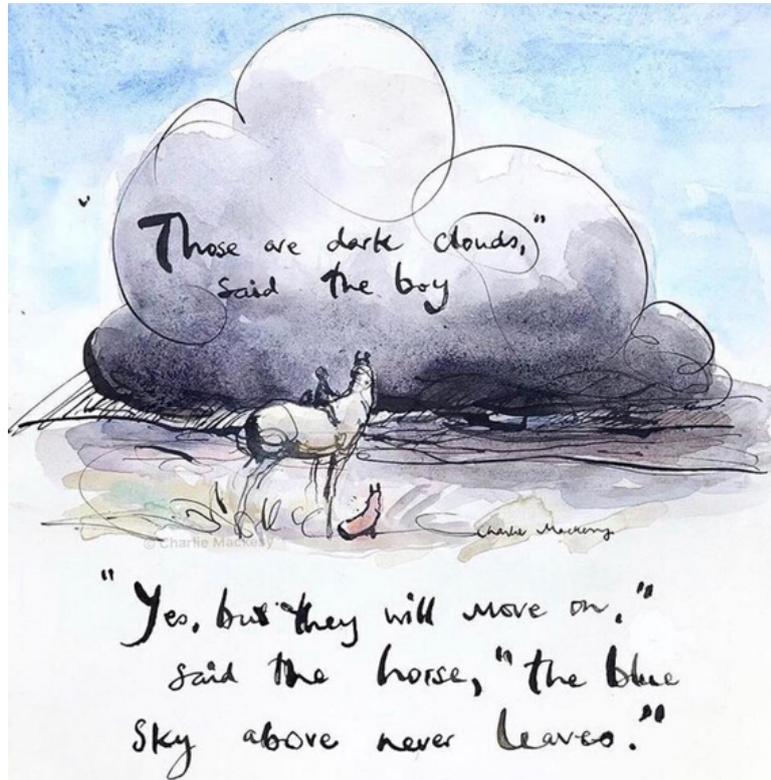
social distancing means spiritual connectedness

WHAT HAPPENS WHEN YOUR WORLD DISCONNECTS AND YOU ONLY HAVE JESUS?

God, I invite your searching gaze into my heart. Examine me through and through; find out everything that may be hidden within me. Put me to the test and sift through all my anxious cares.

Psalm 139:23 TPT

Connect



Well we started our year praying we would be more like the Acts church and boy did God answer that prayer. We have been forced to give away all we know, everything we took for granted, everything safe, every routine. It has all been stripped back and all we have is Jesus. While this is a challenging time for our world, we believe that it is a gift. To really seek God and see what is required of us in this new season. One thing is certain the world and our church will never be the same again. We will be changed from this and if we aren't then we haven't been obedient to God in the process. Our hope is this devotional will keep us connected to the things that are important.

God - His Word - Each Other- Community

So as you move through these next 4 weeks and listen to some of our Tribe share God's word. Be open to what God is asking of you during this time.

Majors Dianne and Andrew Jarvey

What Now

This devotional is a little different to the last one. We have asked some of our tribe to share a Psalm. They have read the word and spoken with God and made their own reflections.

For you to really grow in this time you are going to need a **Journal – Pen – Bible** and a nice space to soak in Gods word. We encourage you to read the Psalm for the day and do your own S.O.A.P, which you learnt to do in the last devotional.

There are 4 weeks and each week has a theme.

1) Connect in Heart

In this week we are going to look at what God requires of our hearts. Some of you may be feeling like your hearts are troubled, hurting or even hardening at this time. We turn to the Psalmist who is so gifted at reassuring, settling and soften hearts to Gods will.

2)Connect into Peace

In this week we are going to look at what it means to be at Peace For some of you your world might feel chaotic and scary at this time. We turn to the Psalms that speak to us in such a calm and reassuring way, it brings peace into our lives.

3)Connect to a Refuge

In this week we seek refuge from the word. For some of you your world might feel unsafe and disconnected at this time. We turn to the Psalms that remind us that our safety is found in our connection with God.

4) Connect and Trust

In this week we learn to trust. For some of you at this time, you may feel you don't know who to trust. We turn to the Psalms that remind us to put out trust in God

Majors Dianne and Andrew Jarvey

Day 1

13th of April 2020
Major Di

Scripture: Psalm 51 Key Verse 10

Scripture:

Create a new, clean heart within me. Fill me with pure thoughts and holy desires, ready to please you. Psalm 51:10

Observation

This is a Psalm of confession and cleansing. It is thought to have been written after David was confronted by Nathan about his behavior. Verse 10 is like a prayer of cleansing, renewing a desire to live for God.

Application

Everyday must bring my heart to God be cleansed. Hard hearts hurt us and others. I want a soft heart that God can use.

Prayer

Lord help us to seek your will with all of our hearts so that we can be soft and accepting of your ways. May our thoughts be pure, may our desires be Holy, so that we may live a life worthy of your Glory.

Bio

Major Di loves fun - people and Jesus, and when all these 3 things meet she sees the kingdom of God at work.

Create in me a Clean Heart - Keith Green (song).

Day 2

14th of April 2020

Major Andrew

Scripture: Psalm 139 – Key Verse 23&24

Scripture:

This would have to be my favourite Psalms. I love it because it is a very intimate passage of scripture which shows us just how precious we are to God. Vs 23-24 are tremendous verses that we need to pray daily because they keep us anchored to our faith and our foundation in God. Verse 24 is a soul recalibration that keeps us centered on purity and away from those things which might be harmful for us.

Observation

I think quite basically what God is saying here is that we need a daily heart check before we start our busy days. Acquiring his GPS coordinates will keep us on the track that leads us to him.

Application

Take time each day to spend a few brief moments doing a heart check and getting your "everlasting" way coordinates.

Prayer

Father, thank you that in this Psalm I can see how much you truly love me. Help me to take a few precious moments each day to check my heart and lay before you my worries. Help me to download the coordinates of where you need me to be today. Amen.

Bio

Andrew, along with his wife Dianne are the Corps Officers at the Moreland City Salvos church. His passion is seeing people's lives transformed by the truth of the Gospel message, so that they can truly discover who they have been designed to be for the Glory of God.

Create in me a Clean Heart – Keith Green (song).

Day 3

15th of April 2020

Mark Patman

Scripture: Psalm 73 – Key Verse 26

Scripture:

The scripture opens with an acknowledgement of Gods greatness “to those who are pure in Heart”, that is those choosing to be obedient to God and not sin in the ways of the world. The writer then highlights his jealousy of all that the “ungodly” seem to have, for example, they are healthy, strong, free from burdens, etc. – and my attention is drawn to these things. This highlights to me what a distraction these things can be – taking our attention away from God. Isn't it human nature to focus on what we don't have rather than what we do have !!

Observation

Once we read (and possibly relate to) the feelings of Jealousy, I am comforted through verses 15 – 17 where the problem seems to be understood by the writer, “once I entered the sanctuary of God, I understood”. I am also spoken to through verse 23 & 24 which reminds me that God is always with me/us and that we need to be in communion with God and guided by His counsel (which also means listening to God).

Verse 26 (our Heart verse) reminds me of our human frailty, but that God is the strength of my/our Heart (and our whole being) not only today, but FOREVER. God further assures me in verse 28 that despite all the jealousy we store up through observing perhaps what we do not have, that “it is good to benear God” and thankful for all we do have.

Application

In simple terms I can apply today's reading in simple terms; (a) I am human; (b) we do under go suffering, but God is always by our side. Whilst I may forget this, God is there and is faithful; and (c) do not get jealous of others and what I don't not have, but be grateful for what I do have and that God provides all of my/our needs. I am truly Blessed (and have been reminded of this again this week).

Prayer

Eternal Father, as we look at the world today, it is a changed place from what we saw a month ago. Thank you that you do not change. Father help us to look to continue to focus on you during these uncertain times, comforted by the words from today's reading that it is good to be near God. Help us to be near you as you are always near us. Let us commune with you on a regular basis; through getting further into your Word and Prayer and that we will be at peace and be guided by you and your continuing counsel. Help us to be your shining lights in these times of fear and uncertainty and let us always be grateful for what you provide as you always meet our needs. Amen..

Bio

Mark is a Business Development Director for an international shipping company based in Melbourne. Mark is happily married to the beautiful Kayleen. They have 3 beautiful children (6 if you count Husbands/Wives/Fiancés) and 3 beautiful grandsons..

There is a Message – John Gowans (Song)

Day 4

15th of April 2020

Major Andrew

Scripture: Psalm 33 – Key Verse 15

Scripture:

This verse in the context of the whole Psalm is saying that not too much happens without God knowing about it. He sees everything, is in everything and loves everything that seeks to do what is right. The thing that grips me about verse 15 is that when the Psalmist is talking about the heart, he is talking about our whole being. Our hearts are not just an organ of our body, they symbolise everything that makes us who we are.

Observation

God is the one who put our hearts together and so he knows what makes them beat a little faster (maybe when we are very busy or scared or stressed). Or slower (when we need to take things down a notch to rest). He knows what makes them get out of rhythm to his heartbeat (when we do the wrong things). He also knows what makes them stop (when we lose His beat altogether and try and do life ourselves). He also knows the best CPR to get them beating again.

Application

How is your heart beating ? Is it fast or slow ? Is it beating in time with His ? Or has it stopped altogether ? God knows your heart, take a moment to sync it up with his. Life is the best when we can hear His heartbeat because it affects everything we do.

Prayer

Maker of my heart, thank you that you understand my heart the best. May it always beat to the rhythms of your Grace. In those times when it gets out of sync with yours, shock it back to your radical beat. In those times when I need to slow my heartbeat lead me to be still. And if my heart stops beating altogether, revive it O Lord so that it can beat stronger for you. In Jesus' name Amen.

Fun Fact

Major Andrews has danced with one of the members from Justice Crew. Well he spun on his head but he was there.

Stir a Passion- Josh Gauton (Song)

Day 5

16th of April 2020

Nancy Moore

Scripture: Psalm 5 – Key Verse 7

Scripture:

But I, by your great love, can come into your house; in reverence I bow down toward your holy temple. Psalm 5:7

Observation

The privilege of coming into God's presence, to present Him with a petition.

Application

With so much uncertainty around at the moment – to stop, take time/be still and get back in tune with God.

A colleague brought her 2 year-old son up into our office on Tuesday as I was thinking about this passage. It was an interesting morning at work on this particular Tuesday with one drama after another, I was very conscious that it was going to be one chaotic day

It was late morning and the you boy decided it was passed his morning snack time and he wanted his yogurt and he wanted it then.

Here is a two year old asking/nagging his mother for it. Mum who was very busy first ignored him, then told him to wait and when he persisted his mum just told him to go play. then he started crying – mum ignored the cry and that crying got louder and louder and eventually the poor boy was literally weeping. Make the long story short, he got his yogurt and mum dropped everything she was doing, felt very sorry for her son and they sat and had a cuddle.

Crying – weeping or wailing, making an appeal.

I got reminded that we can reach the very heart of God when we cry out to him as crying has a voice-coming from our heart it reaches God's heart.

Prayer

Father help us once again to be still and to focus on YOU. May we seek to tune our hearts to be connected back to you. Hear our cries and our desire to be one with you. Amen..

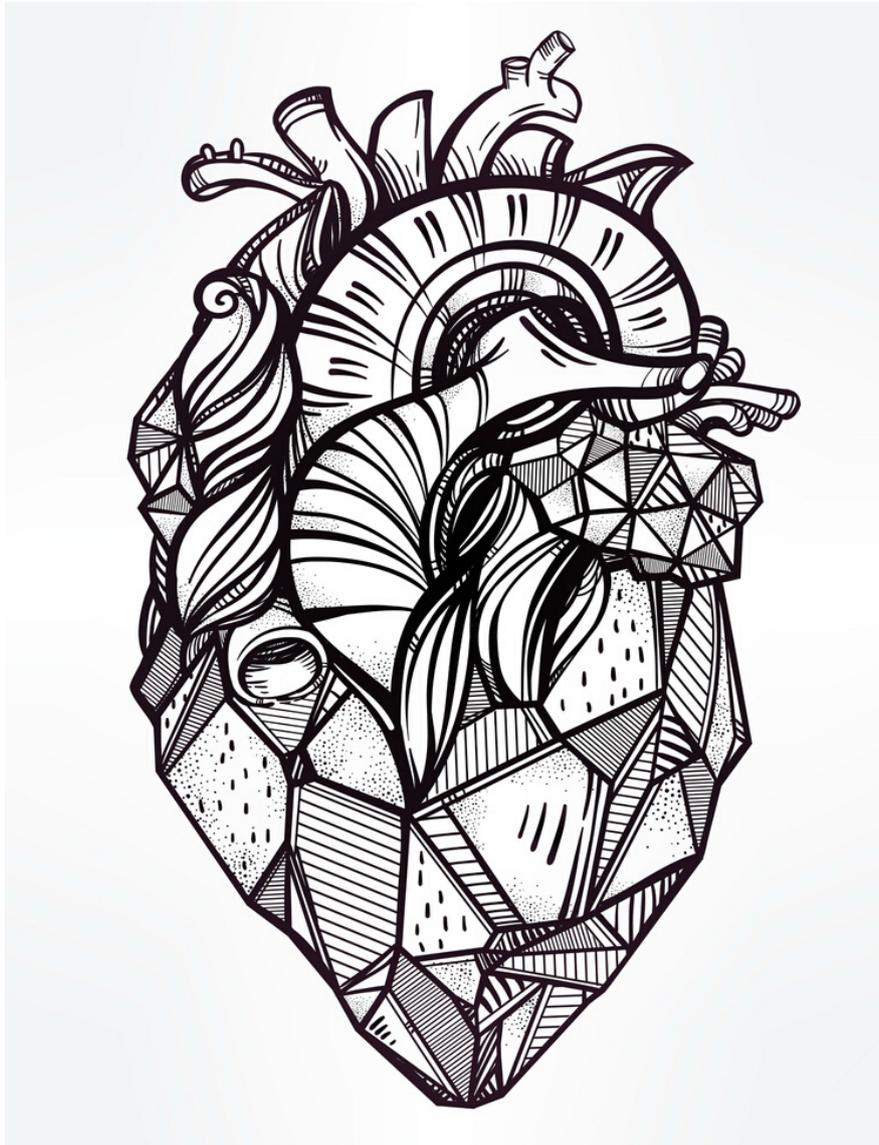
Bio

Nancy grew up in Malaysia where I was exposed to multiple cultures and religions. I am happily settled in Australia now and count myself very blessed being married with 2 grown children.

Heart of Worship – Matt Redman (Song)

Day 6

I seek you with all my heart; do not let me stray from your commands. I have hidden your word in my heart.
Psalm 119:10&11a NIV



Reflection

What does this image and scripture say to you?
Find the answers in colours.

Oh Lord Hear my Prayer Taize (Song).

Day 7

18th of April 2020
Major Di

Scripture: Psalm 29 Key Verse 4&5

Scripture:

The voice of the Lord is powerful; the voice of the Lord is majestic. The voice of the Lord splits the mighty cedars; the Lord shatters the cedars of Lebanon.

Observation

This Psalm is speaking of the powerful voice of God and how it controls all the earth. The Cedar trees in Lebanon grew to over 120 feet and were around 30 feet in circumference. A voice that could split that would be very powerful.

Application

I listen to a lot of voices in my everyday life and not all of them bring peace. These voices often leave me feeling crazy and living in fear and doubt. This scripture reminds me to listen to the most powerful voice in the universe, who will speak peace and will cut through all the noise to bring deeper peace.

Prayer

Lord help me hear your words of peace, help me trust the power of your voice. Speak the words I need to hear that will cut through the noise of the world and bring me peace.

Fun Fact

Major Di's first job was a mascot.

Tremble by Amanda Cook (Song)

Day 8

19th of April 2020

Jason Simmonds

Scripture: Psalm 46 Key Verse 4

Scripture:

“God has a constantly flowing river whose sparkling streams bring joy and delight to his people. His river flows right through the city of God Most High, into his holy dwelling places.”

Psalms 46:4 TPT

Observation

*Constant: God never changes he's the one person we can depend on to always be the same. The world around us is changing at a hectic pace, yet the same God and power we see unveiled in the pages of the Bible is the same living God we can experience today.

*Flow: When we move in the flow of His Spirit we experience Him to new depths. With God nothing is static, he is in a constant flux. He never sleeps nor slumbers, He is at work around us every day and invites us to join him in His activity.

*Joy: The joy of the Lord is my strength. In him is the source of real and lasting joy. The enemy would try to steal our joy by preoccupying our minds with cares and worries of this world. When we fix our eyes on Him, we gain a heavenly perspective of our circumstances.

*Delight: We can only find true gratification in God. There's no substitute for His presence in our lives. We can try and fill our lives with all sorts of distractions and entertainment, but all of those things are transient. Long lasting delight can only be found in a real and personal relationship with our creator.

*Dwelling: God inhabits the praises of His people. As we worship Him, commune with Him, talk with Him in prayer and read His Word, we will experience life in all its fullness.

Application

It's the words immediately before this verse which are key "Pause in His Presence". It's here in this break between stanzas, that we will find real and consistent joy and delight - in His presence. It's also echoed in verse 10 "Surrender your anxiety, Be silent and stop your striving and you will see that I am God" Carve out some time today to really spend in His presence and see how he will give you new perspective to live an uncomplicated, peaceful and fulfilled life in his presence.

Prayer

Lord teach us to pause in your presence - to acknowledge your activity in our life and recognise that you desire a relationship with us that is real and personal. We want to position ourselves so close to you today, to allow the river of Your joy and delight to flow through us, and out to a world who desperately need You..

Bio

Jason is a Senior Research Scientist with CSL - a large multinational biopharmaceutical company who manufacture life saving medicines for patients with rare human diseases. He also heads up a successful network of community choirs under the banner of Melbourne Contemporary Choir. Jason has 3 children, Tim, James and Caleb and a new edition, Coda - our Dalmatian Dog.

[In His Presence - Sandy Patty \(Song\)](#)

Day 9

20 th of April 2020

Khelsi Patman

Scripture: Psalm 85 Key Verse 8

Scripture:

I will listen to what God the Lord says; he promises peace to his people, his faithful servants – but let them not turn to folly. say to you? Psalm 85:8

This scripture invites us to do two things. To listen to him and in turn he will bring us peace. Secondly, to respect and honour him, then his glory will dwell among us. We need to trust in him. He has our back, he knows what we're going through and is with us during those times. He knows what is ahead and will guide us through it, until the storm passes.

Observation

God is saying to trust him. It tells me that He offers his peace despite this chaos and turmoil. I should rely on him more, especially during these times. Talk to him and find him in these moments of uncertainty.

Application

At this time of coronavirus, where there's so much uncertainty, God's peace becomes important. I should listen and spend time with God, to re-calibrate and find peace – something positive to do and think about during my day. As we listen to God more, his glory is revealed to us. This is something that I need to do at this time, an instruction, to find some sacred God time, to find 'serenity' and peace.

Prayer

Lord, may I focus more on you during this time of uncertainty. Help me to listen to your voice and what you want to say to me. I pray for the health and safety of our world, may the sick know your healing and may we all find peace through this. Amen.

Bio

Khelsi, is 21 and a full-time wife, dog mum and student at uni. she has at Moreland for 11 years now, and is in the youth leadership team as well as the worship band!

Peace Be Still – Belonging Co (Song.)

Day 10

21st of April 2020

Michelle Poke

Scripture: Psalm 100 Key Verse 5

Scripture:

This passage reminds me that I belong to God, and everything good in my life comes from Him. When things are changing, God remains. We're isolated from others... but not from God. Even now, God is good and is proving His faithfulness in new and different ways. In previous generations, churches would have closed to prevent the spread of illness, end of story. Now? We're still connected - through phone, email, social media, Youtube messages, etc. People who would never walk into our building are tuning in for Sunday on our YouTube channel. What an opportunity for our church!

Observation

God is saying to trust him. It tells me that He offers his peace despite this chaos and turmoil. I should rely on him more, especially during these times. Talk to him and find him in these moments of uncertainty.

Application

I need to keep coming back to God when things seem unsteady. I want to keep listening for His direction - what opportunity is he placing right in front of me? I've finally introduced myself to my neighbours, with a spare roll of loo paper in hand! I've heard God's 'nudge' a couple of other times, and when I listen and respond, God stretches my resources to help and encourage so many more people than I could have imagined.

Prayer

Lord, thank you for being here, in the isolation and the chaos and the uncertainty. Thanks for continuing to open doors to ministry, when the doors of church buildings are firmly shut. Bless us, your people, as we seek to bring blessing to others. Amen.

Bio

Michelle has been part of Moreland City Salvos for three+ years. With one of her ancestors attending the very first meeting of The Salvation Army in Australia way back in 1880, there's a long Salvo heritage in Michelle's family. She currently works as Office Manager at a community legal service in Melbourne's north. In her spare time, she loves the Chat 10 Looks 3 podcast, authors Brene Brown, Gretchen Rubin and Terry Pratchett and has been known to burst into song for no apparent reason. She is loyal servant to three cats.

Sara Groves - 'He's Always Been Faithful'. (Song.)

Day 11

22nd of April 2020

Major Jennifer Mundy

Scripture: Psalm 125 Key Verse 1&2

Scripture:

"Those who trust in the Lord are as unshakeable, as unmovable as mighty Mount Zion! Just as the mountains surround Jerusalem, so the Lord's wrap-around presence surrounds his people, protecting them now and forever"

The emphasis of these verses is trust, confidence, security resulting in peace.

Observation

These verses contain 2 pictures: 1 Believers who trust in the Lord are like: Mount Zion which cannot be shaken and are surrounded like the hills which surround Jerusalem.

Application

In these times of uncertainty and isolation we possess a security if we place our trust in God. We can stand amidst these difficulties like a strong mountain. Certain that God is larger and stronger than anything we fear or face. It is more than our faith in God which gives us this security and peace, it is something higher and greater - namely God's grace and faithfulness to us! God surrounds us, His people like the mountains that surround Jerusalem now and forever. What a strong image! However, we need only to read the Psalms to know this is not a guarantee that we will not face hardship and trouble. Read Psalm 34:17-19. What do we learn about God's help from these verses? God's deliverance presuppose trouble, God's closeness to the broken hearted means we will have experiences which break our hearts. God's assistance to those crushed in spirit means that spirits will be crushed. We are not removed from that which is common to humanity, but we have a God who listens, who is gracious, full of compassion, who surrounds us and delivers us through the trial not always from it.

Prayer

Heavenly Father I thank you for your promises to me your child. Help me to claim them as my own and live daily in the security and peace that your care and provision brings.

Bio

Major Jennifer is a retired Salvation Army Officer. She enjoys her large garden. It is a place of solitude and fulfilment. There is plenty to occupy her in these days of isolation.

Leaning on the everlasting arms (song.)

Day 12

23rd of April 2020

Jarrood Harvey

Scripture: Psalm 4 Key Verse 8

Scripture:

In peace I will lie down and sleep, for you alone, Lord, make me dwell in safety.



P	A	W	F	G	Y	A	B	U	N	D	A	N	T	N
P	E	I	O	F	L	H	B	X	V	Z	T	E	H	K
T	A	A	G	R	D	P	S	A	L	M	S	S	T	I
J	K	Z	C	E	K	A	R	O	A	R	F	T	R	N
G	T	B	W	E	V	W	T	Y	A	L	L	O	R	D
D	A	V	I	N	H	J	L	P	V	C	N	H	G	N
M	E	R	C	Y	R	T	Y	R	M	L	H	K	X	E
J	G	B	N	X	Z	J	U	A	L	I	N	F	G	S
W	A	S	D	F	W	O	G	Y	Y	S	S	Y	H	S
E	J	F	R	E	A	Y	Z	G	J	T	F	U	Y	O
F	G	D	R	E	S	J	K	B	Y	G	O	F	B	T
D	H	D	A	V	I	D	G	T	E	F	O	G	J	N
T	J	D	R	H	Y	R	E	P	Y	E	X	D	E	U
R	A	Q	W	E	R	T	Y	U	I	O	P	T	I	O
U	V	R	A	S	D	F	G	H	J	K	L	T	H	E
S	W	Z	X	C	V	B	N	M	C	B	M	E	R	V
T	A	V	I	D	K	I	N	D	N	E	P	S	A	L

PEACE PSALM,
LORD KINDNESS,
JOY FREE
DAVID MERCY

Bio

Jarrood is a year 8 student who loves to read and cook. He has 2 younger sisters and loves to play cricket and tennis

Day 13

Only God gives inward peace, and I depend on him. Psalm 62:5

A Prayer for Inner Peace

Lord, please put Your peace in my heart.
I'm worried and anxious.
My mind races and obsesses.
I can't help thinking about my problems.
And the more I think about them,
the more depressed I become.
I feel like I'm sinking down in quicksand and can't get out.
Calm me, Lord.
Slow me down, put Your peace in my heart.
No matter what problem I have,
Lord,
You are bigger,
You are more powerful than it is.
So I bring my problem to You.
I know what I want.
I know my will.
I do not know Yours.
I do not know how You will use this problem for my salvation.
I do not know what good You will work out from this evil.
But I trust You.
I trust Your goodness and Your wisdom.
So I place myself in Your hands.
Please fill my heart with peace.
- Author Unknown

Reflection

STOP! read this prayer 3 times slowly.

[My Peace Taize Prayer \(music\)](#)

Day 14

25th of April 2020

Commissioner Doug Davis

Scripture: Psalm 17 Key Verse 7

Scripture:

“Men of the world whose reward is in this life” v 14b reminds me of the teaching of Jesus regarding people whose religion is all outward show and not of the heart. He said they have their reward in full in this life only: see Matthew 6 verses 2, 5 & 16. David says of those worldly, unspiritual people “save me from such men” v14a. By contrast Jesus says of Christians who are criticized or wounded because of their testimony that they have a great reward awaiting them in heaven. Psalm 17 is full of David’s concern about persecution and enmity. Jesus knew both and told Peter that he would also come under attack but would be recompensed in many positive ways in the here and now but, best of all, have eternal life (Mark 10 verses 28 – 30).

Observation

Once again I hear God emphasizing that healthy spirituality is the source of true Christian life and service. The life of faith is all about a personal relationship with Jesus that leads inevitably to actions worthy of the name Christian. Paul speaks of a loveless person as a resounding gong or a clanging cymbal but Jesus shows us the power of caring compassion.

Application

David pre-dated the New Testament but in verse 7 prays to be shown God’s great love as the best refuge from danger. Sydney Cox helps us when we sing “God’s love to me is wonderful he lights the darkest way, I now enjoy his fellowship,’ Twill last through endless day”. So I’m reassured that the simplest act of Christian love be it a word of encouragement or a timely phone call or a private prayer of intercession is sharing in the ministry of Jesus.

Prayer

Love stands the test; love gives its best,
Love plans our life’s course designedly blest.
Thank you Lord.

Bio

I retired in 2002 after 42 years active service as a Salvo officer in three different countries. I enjoy playing cornet in the band and serving God when and wherever opportunity presents itself. Life’s not always easy, as my fellow Carlton AFL footy club supporters well know.

Such Love (Song).

Day 15

26th of April 2020

Captain Penny Cooper

Scripture: Psalm 46 Key Verse 1

Scripture:

God is our refuge and strength, always ready to help in times of trouble.

Observation

I can't hide anything from God he is there. In that safe space, God is my refuge. He says "Be Still. I am God".

Application

Some days, Court is so emotionally taxing that my escape is to get home and hide. Yesterday was one of those days. I needed to shut out the reality of the world I'd just left. My uniform was replaced by PJ's. I pulled my doona over my head. The kids were trying to tell me about their day; I couldn't even distinguish their voices. But I haven't hidden from everything. God is there too. In that safe space, God is my refuge. My heart rate began to slow and He says "Be Still. I am God". I know enough peace to become aware that He is simultaneously working in the world of the people I left behind when the Court doors closed. Broady certainly doesn't have the mountains, rivers or seas that God has dominion over. What it does have is surging, swelling, uproar and war. It is known as a place of poverty, stigma, violence and crime, While I'm safe in the darkness under my doona, I cry out to God for a community that I love, yet feel so helpless in. God hasn't forgotten about it! Broadmeadows is a holy place where the Most High dwells. He took my mind back to victories and I'm reminded of what He has done. He WILL be exulted in this spiritually desolate place in HIS time. God gave me refuge from my racing mind with restorative sleep. Today I woke to another day of Court. It's His new day. Any challenges will be tackled with His help. God is within her, she will not fall.

Prayer

Father God, I praise you for your Word and the truths that are contained and revealed within its pages. Thank you that you are my ever-present refuge and my strength and stronghold. Equip me to stand fast in the confusion and brokenness of your world, and to trust in your promises even through surging, swelling, uproar and war. In Jesus name, Amen.

Bio

I am a child of God. As part of His plan for me, I carry many other titles - wife, mum, fur-mum, daughter, sister, cousin, aunt, sister-in-law, niece, and friend. I am honoured to be ministering as the Chaplain at Broadmeadows Magistrates Court.

Here in the Presence of the Lord Elevation Worship (Song).

Day 16

27th of April 2020

Gordan Moore

Scripture: Psalm 31 Key Verse 4

Scripture:

God is our refuge and strength, always ready to help in times of trouble.

Observation

So where is my refuge? My refuge is in me. Sure, physical things like home, playing in a band, walking, playing golf (not me) or driving on a country road but, you need solace in yourself and your own level of spirituality.

Application

These last weeks I have been sent to work at home and while that comes with lots of benefits and time to spend with John & Amanda during the day (unfortunately Nancy had to remain at work) the ability to seek refuge in my office/workstation away from the day to day pressures that come at you. Also, we have not been able to attend worship or the support of worship being rehearsals and for me my participation in the Melbourne Staff Band. Again, these are places I find solitude and a place of refuge. What has been interesting is that home was always home and yes, there was the occasional times I did work from home but it was my absolute place of refuge. It's different now as I am now home based and not feeling the same level of solidarity as my work pressure via a laptop computer and mobile phone has invaded this place. One of the things work is trying to do is stop people from being mentally isolated by the use of "What's App" with various group chats and quizzes to keep you engaged with your fellow employees. So my place of refuge "Home" is now no longer a place of refuge from my work. John Oxenham puts it so well in his song "MID all the traffic of the ways" My absolute bible reading is from Deuteronomy 6:5: Love the Lord your God with all your heart and with all your soul and with all your strength (NIV).

That's when you find a true refuge in God wherever you are.

Prayer

MID all the traffic of the ways, Turmoils without, within, Make in my heart a quiet place And come and dwell therein:

Bio

Gordan is currently our Bandmaster and Husband of the wonderful Nancy and father to Jono and Amanda, oh and hee loves a fresh Donuts.

Mid all the Traffic of the ways- John Oxenham (Song)

Day 17

28th of April 2020

Major Di

Scripture: Psalm 61 Key Verses 1-3

Scripture:

O God, listen to my cry! Hear my prayer! From the ends of the earth, I cry to you for help when my heart is overwhelmed. Lead me to the towering rock of safety, for you are my safe refuge, a fortress where my enemies cannot reach me.

Observation

It is suggested that David was far from home when he wrote this Psalm. God is not bound by our location. David is asking God to give him security and assurances, he is asking for Gods Help.

Application

God gave me this scripture at a time when I felt lost. To be honest I was going to give up on my officership, I thought I just couldn't do it anymore. Andrew and I took a trip to Kalbarri in WA to gather our thoughts and seek God for our future. I remember staring at Natures window (google that it is beautiful) and God speaking these words over me. He was inviting me to ask him anything. It was in that moment I knew he was preparing me for a new season. I felt far from him yet, he was closer than ever. He invited me to seek refuge in Him and find healing and strength to continue with the call he placed on my life. I often come back to this scripture as a reminder that God is my only resting place.

Prayer

Hear our Prayer oh God, that even in the times that we feel far from you, we will be more aware that you are so close to us. When our hearts are overwhelmed and we can not see any way through, help us to see you as our refuge. Lead us to you, our towering rock, let us shelter there, help us to stop and rest in the safety of your love. Help us to never give up what you have called us to do. Amen.

Fun Fact

Major Di hates water slides- I mean who thought of that? Water- Speed- Dark Tunnels.... Nope Silly

Just Be - Kim Walker-Smith (Song)

Day 18

29th of April 2020

Izacc Jarvey

Scripture: Psalm 91 Key Verse 9

Scripture:

Psalm 121- Key Verse 2 Scripture - This verse reaffirms that God is where our help comes from. Although it is a Psalm it is not a word that was directly said from God, but if you look through the bible most of the points are reaffirmed. It adds understanding and meaning to the word that God has already given to us so that we may understand him a bit better in our own terms.

Observation

Observation - That I need to trust in him to guide me in life. That all obstacles won't harm me even though they are in my way, and as long as I trust in him, he will be the light in my darkness.

Application

Application - Trust is not an easy thing to put into practice immediately. Maybe you must start with trusting him with small things but in some way, you need to acknowledge that he will guide you in your life if you put your trust in him. He won't fix everything, but he will guide you to a better life. I guess I have already been putting this into practice in my own life, but this verse allows me to guide others.

Prayer

Prayer - God I pray that you will continue to shape me into your obedient servant. I pray that you will continue to guide me even in my shortcomings and show me the righteous path.

Bio

Biography - I'm Izacc, I constantly look to engage and connect with people where they are at. You can see this through the friends I have made at TAFE and how I have shaped their lives and grown community. I love music and believe it is a key part of understanding human emotion.

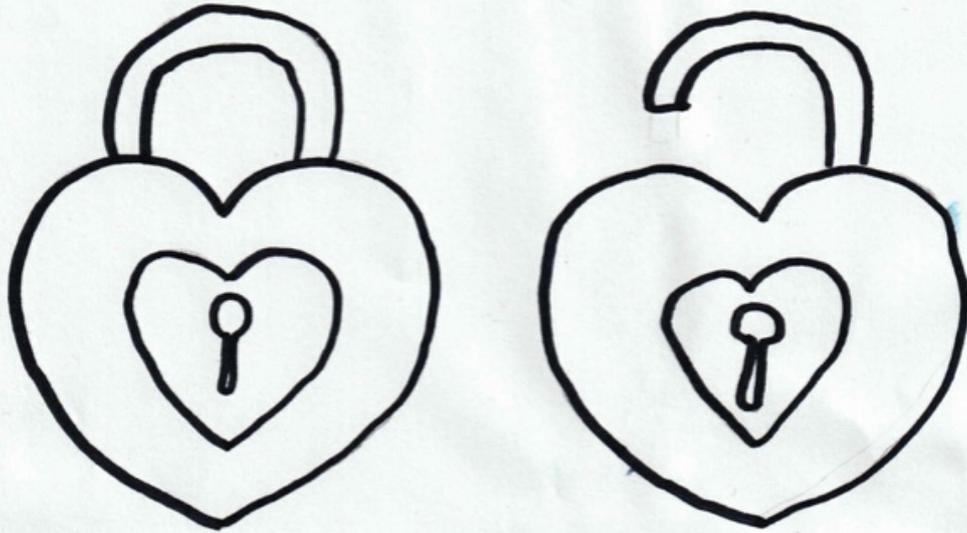
Potters Hand - Hillsong_(song.)

Day 19

30th of April 2020

Zoe Harvey

Scripture: Psalm 61 Key Verse 4



The locked padlock represents when we feel unsafe and want to lock ourselves away. We don't want to be around what we are afraid of.

The unlocked padlock represents when we feel safe - not locking ourselves away from anything.

God can defeat your enemies if you have at least a little faith in him. So do have faith in God and don't ever lock yourself away from God. 😊😊

Zoe is a year five student. She has an older brother and a younger sister. She loves to sing.
(She wrote this)

Day 20

I will say of the Lord, "He is my refuge and my fortress, my God, in whom I trust."

Psalm 91:2 NIV

I will say of the LORD,
"He is my REFUGE and
my FORTRESS, my GOD
IN whom I TRUST."

PSALM 91:2

Reflection

Trace over the words of this Psalm with your finger. Feel the swirls - rhythm and movement. Allow God to speak to you through this simple act.

We are not alone - God is with us

Taize Prayer (music)

Day 21

2nd of May 2020

Kathryn Harvey

Scripture: Psalm 20 Key Verse 7

Scripture:

Some trust in chariots and some in horses, but we trust
in the name of the Lord our God.

Observation

It is suggested that Psalm 20 was written in relation to the events of 2 Samuel 10 – a battle between the Israelites and the Ammonites. David was asking God to help his troops in battle. In verse 2, David asked God to send help from His Sanctuary, to strengthen his troops from Jerusalem. David was making himself, and his people, available to be used by God to help others.

Application

This was a challenge for me. It's easy for me to hide away at a time like this – I love being at home, with the family, and nowhere to rush off to. I love having the time and space to do what I enjoy. This verse challenged me to look beyond my own walls and make myself available to be the help and strength that others need. I love in verse 5 how David says that they'll shout for joy when they hear of the victory. He was confident that God would give them victory before it happened. He also said "I KNOW that the Lord rescues his anointed king"(v6). He had experienced this in the past and trusted that God would do it again.

I believe that God will bring us through this time and we will be stronger as we make ourselves available to be used by God.

Prayer

Father, You are mighty and powerful and we put our trust in You. Give us the courage to make ourselves available to be used by You to help Your people.

Bio

Kathryn is married and has 3 children, she is creative and fun she enjoys sewing and working from home to parents her children. She also heads up the contemporary music team of our church.

Lauren Daigle song – Under Your Wings

Day 22

3rd May 2020
Major Andrew

Scripture: Psalm 91 – Key Verse 1&2

Scripture:

What this scripture says to me is that we have a place to go when things get crazy and we need to centre ourselves on God. There is a show that I am watching at the moment where the lead character at times will go and get in her egg-shaped pod chair and close the door. She uses this chair as a place to go and think about what is going on in her world. Psalm 91 can be like that for us.

Observation

In the USA when you need emergency assistance you dial 911. When you put Psalm 91 & vs 1 together you get 911. This is an emergency Psalm for us when things are out of control and we need to put things into perspective. In lots of ways it's a retreat back to the safety of the shadow and protection of God and his fortress to see things in a clearer light. When we rest in his presence without the pressure of the world, we see things as He sees them, which helps us see what we need to do.

Application

Are things a little crazy in your world right now? Maybe its time to dial God's emergency Psalm and take a bit of a time out from the world. Maybe you need to see things from His perspective. Put your trust in God and He will never disappoint you.

Prayer

Father when things get a little nuts, remind us of the promises in Psalm 91. Remind us that at any time we can retreat to the safety of your shadow. A place where we can take time to reflect and see our situation as you see it. Help us to hear your gentle voice, so that we can trust you in the daily grind. In Jesus' name, Amen.

Fun Fact

Andrew is a coffee snob! He loves a great cup of espresso coffee.

[Trust by Hillsong Young & Free\(song.\)](#)

Day 23

4th of May 2020

Commissioner Bev Davis

Scripture: Psalm 25 Key Verse 1

Scripture:

“To you O Lord I lift up my soul, in you I trust” verse 1. So Lord I seek you again; I need your mercy and help. Enable me to see something of your will for my life in these difficult days. I have trusted and known you to lead, teach and guide me through the varied way of my life’s journey and so I keep trusting you now.

Observation

The experiences of my life have taught me to trust God's love and grace to carry me through. He has helped me to encourage others to anchor their faith and trust in Him as the God who loves and cares for them. God is entirely trustworthy.

Application

This is a time when people are distressed, anxious and lonely, feeling isolated and forgotten. The Lord is just a prayer away so whisper that prayer. Put your trust in the Lord and he will give you peace. “If I keep my eyes on God I won’t trip over my own feet” (Psalm 25 v 15 The Message).

Prayer

Gracious Lord I turn confidently to you with a big prayer for the spiritual and physical salvation of people on planet earth. Covid 19 has humbled the world and brought us to our knees – here, in need, we pray to be kept safe in your unfailing love. Our faith is in you the Great Physician. Praise you Jesus.

Bio

I’m a retired officer who gladly served the Lord in The Salvation Army for 42 years. As a mother, grandmother and great-grandmother I trust God in His care of my loved ones far beyond anything I am able to do for them. I enjoy my garden and appreciate the fellowship of Coffee and Friends ladies.

Trust and Obey – John Henry Sammis (song)

Day 25

5th of May 2020

Goeff Davies

Scripture: Psalm 56 Key Verse 3

Scripture:

"When I am afraid, I put my trust in you."

Observation

My profession sees me appreciate numbers and physics but I have no time for numerology or being reminded of my age, so it seems ironic that I've been asked to look at Psalm 56. My mother would say God meant it! I'm no biblical scholar but, if given time, I try and understand something of the scripture's background and setting as I think it helps. It appears David wrote Psalm 56 while in self-imposed exile, trying to avoid King Saul who was once a dear friend but had worked himself into a real storm, seemingly threatened and angered by David. David sought safety in a variety of places including Gath, the home of Goliath, who David had killed years earlier. Of course, the Philistines turned on him and David was physically threatened from all directions.

Application

Out of this position David, amazingly pens this Psalm, described as a Michtam (Miktam). When I provide my Year 12 class with a resource that I regard as very special I will often print it on bright yellow paper and tell my students "this is gold!"

Michtam refers to a valuable (most likely engraved) item that a person should carry at all times. Michtam psalms carry explicit messages we should carry close to our heart at all times; vital for living as God wants us to; at one with Him. They are gold. And in fear of his life, under threat from all sides, betrayed by his closest friend David says to us in verse 3; "When I am afraid, I will trust in You." and later, "In God I trust; I will not be afraid".

Prayer

"Lord, I thank you for the amazing testimony of David and only wish that I could have such faith.

It's hard to understand how David must have felt but I know there are many people whose social isolation must have them questioning their safety, their existence, perhaps their relevance, and I pray that you will be with them and comfort them; especially the elderly, Lord. May the Holy Spirit give them strength and courage. Lord, draw us all closer to you in these times and may you use your word and us, to encourage others and help them look to you for strength."

Bio

Geoff (56) and his wife Donna have 4 adult children and one beautiful granddaughter. Geoff is a Physics teacher and Head of House, responsible for the pastoral care of 70 boys and follows Richmond Tigers in the AFL..

It is well with my Soul (song).

Day 25

6th of May 2020

Kaela Harvey



We are giving God our heart and asking Him to hear our prayer and asking Him into our heart.

Kaela is a Year 2 student. She has an older brother and an older sister. Kaela is learning piano

Day 26

8th of May 2020

David Harvey

Scripture: Psalm 13 Key Verse 5

Scripture:

Psalm 13, similar to many of the Psalms, cites heartaches that weigh heavily on the writer. However, David with renewed confidence, rises above this, pledging his trust in, and love for God, culminating in praise to the Lord.

Observation

My 'heartaches' ('enemies') revolve around my health status; degenerative disability of a permanent nature, impacting upon the physical areas of my life. Most activities that have been life-long signatures, have been extinguished. Happily, where I can identify with the psalmist's awakening, is my learning to focus on the positives in my life and more importantly, a remaining scope for a humble ministry underpinned by a strong daily walk with God.

Application

I am learning to better listen for God's Voice and heed His Word leading to a heightened degree of acceptance of my limitations, increased sensitivity and Godly wisdom. I am encouraged by the promise of a Heavenly future that in turn, enables a patient and enhanced confidence in God. My dear Grandfather used to say, 'If you worry, you do not trust, if you trust, you do not worry!'

Prayer

Dear Father, life on earth proceeds rarely without difficulty or stress. We are buoyed in a wonderful way with confidence, stronger trust and patience by Your guidance and great love for us. All praise to You - Amen.

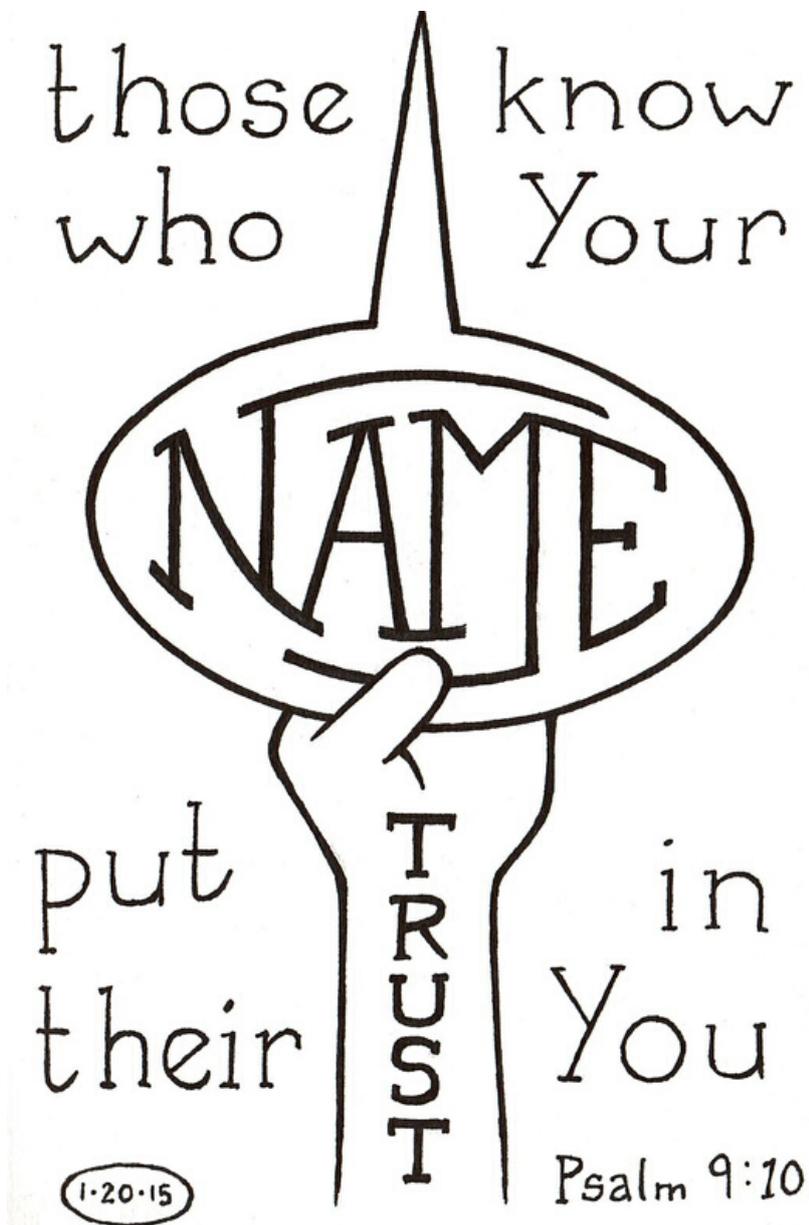
Bio

David is a retired administrator/banker who has a life-long, full church involvement, principally at Moreland City Salvation Army.

Highly Exalted (Song).

Day 27

Those who know your name trust in you, for you, Lord, have never forsaken those who seek you. Psalm 9:10



Reflection

What are some areas you need to TRUST God in? Take a moment to reflect on them and hand them to God.

My Soul is at Rest Taize Prayer (music)