

# WEEKLY SERMON

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## Do not lose heart

*“And Jesus told them a parable to the effect that they ought always to pray, and not lose heart.”  
(Luke ch18)*

It's been tough these last few weeks. I've been at two sad funerals; suffered (as we all have) the shock of losing the Queen, supported dear friends in extremis and had tests for anaemia. Forgive me if I'm feeling a bit sorry for myself ...

When the chips are down, it is all too easy to throw in the towel. What's the point of praying when the world seems to be falling apart around us?

Prayer is a lifeline though. It gives us a line straight to our Father, a chance to ask questions, hear answers and receive blessings. People say to me 'well, I tried but I didn't get an answer or didn't get the answer I wanted'. But giving up isn't what God wants for us.

Note that phrase 'and not lose heart'. Our Father knows us. He knows our weaknesses and our frailties and looks to hold us up; especially in times of personal crisis or doubt. The key is to keep going, keep praying and letting our Lord know that we are here for him and for each other.

I'll be honest, I find that consistency in my prayers is often challenged. Too tired, too dispirited, too angry, too busy. But there in the stillness of the time before sleep; in the peace of a garden; in the reverie of a train journey; as you walk down a lane; sip on a brew ... the line to our Father is always open for us.

In the depths of his despair in the garden, Christ prayed. For strength; for the courage to fulfil his Father's purpose in redeeming us all. All our humanity is there in those impassioned words prayed by the Saviour: "My Father, if it is possible, may this cup be taken from me. Yet not as I will, but as you will."

May God preserve us all from such a situation and give us the courage, faith and resolve to be able to pray in the very depths of our darkest hours for his comfort and reassurance. Lean on the word we find in Matthew's Gospel: "Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you."

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