

CBC Word for Today

PSALMS 60.2—62.6

ad me to ^{the} rock that is
higher than I.
f thou hast been a refuge
for me,
strong tower from the enemy.
will dwell in thy ^{tabernacle}
for ever:
will take refuge in the covert
of thy wings. ^{(Sē'lāh}
r thou, O God, hast heard
my vows:
ou hast ^{given} me the heri-
tage of those that fear thy
name.
ou wilt prolong the king's life;
s years shall be as many
generations.
s shall abide before God for
ever:
s prepare lovingkindness and
truth, that they may preserve
him.
will I sing praise unto thy
name for ever,
at I may daily perform my
vows.

less a Refuge from Treachery and
Oppression.

¹ *Chief Metaphor:* after the manner
Jeduthun. A Psalm of David.

My soul ^{waiteth} in silence

for God only:

om him ^{cometh} my salvation.

s only is my rock and my sal-
vation:

e is my high tower; I shall
not be greatly moved.

ow long will ye set upon a
man,

that ye may slay ^{him}, all of
you,

ke a leaning wall, like a tot-
tering fence?

ey only consult to thrust him
down from his dignity;

ey delight in lies;

ey bless with their mouth,
but they curse inwardly. ^{(Sē'lāh}

r soul, ^{wait} thou in silence

for God only;

r my expectation is from him.

s only is my rock and my sal-
vation:

e rock that is too high for me. ¹ Heb.

Or, given a heritage unto those etc.

is about unto God. ² Heb. as other-
wise. Ye shall be slain etc. ³ Heb. be
unto God.

HUNGRY FOR GOD

30 Days of Bible Readings,
Reflections and Prayers

PART ONE

Written by members of Canterbury Baptist Church



Canterbury
Baptist Church

CBC Word for Today – DAY 1

HUNGRY FOR GOD

Monday 18th January 2021

By Rev Andrew Fitzgerald

Bible reading - Matthew 4:4

“Man shall not live on bread alone, but on every word that comes from the mouth of God.”

Reflection

Whatever we seek to do during this latest national lockdown, the Lord has pressed on my heart the need for our remaining in Him. Specifically with an appetite and hunger for His Word. It is with this devotion that we will find both His presence and strength in this season.

Prayer

Lord, we thank you for the gift of Your Word and the promise of Your presence as we dwell in it. Give us this hunger and appetite for spending time with You and the inspiration to do it. In Jesus name, Amen.

CBC Word for Today – DAY 2

STRAIGHT, BUT MAYBE NOT STRAIGHTFORWARD

Tuesday 19th January 2021

By Mike Elms

Bible reading – Proverbs 3:5-6

“Trust in the Lord with all your heart and lean not on your own understanding; in all your ways acknowledge him and he will make your paths straight.”

Reflection

We can derive immense comfort from these words: that placing our complete trust in God will make our path, our way to Him, straight. At the same time, we should feel very challenged: whilst God promises to make the path straight, He does not promise to make it easy!

Prayer

Lord, as we put our trust in You, help us to feel secure in our faith but also not to become complacent in it. Help us also to overcome whatever challenges we may face along the path You set us upon; and give us comfort in the knowledge that each step we take brings us closer to You. Amen.

CBC Word for Today – DAY 3

PURSUING GOD

Wednesday 20th January 2021

By Esther Martin

Bible reading – Psalm 27:4

“One thing I ask from the Lord, this only do I seek. That I may dwell in the house of the Lord all the days of my life, to gaze on the beauty of the Lord and to seek him in his temple.”

Reflection

David who wrote this Psalm was known as a man after God's own heart. Let us be intentional in pursuing after God, to draw on his rich resources and give to Him our allegiance, our attention, our affection and our adoration. God's desire and delight is to see us thriving in our faith.

Prayer

Father God, help us to truly seek You in a new and fresh way this New Year. Give us a true love and desire for Your Word that we might live by Your Word and faithfully serve You in Your kingdom. In Jesus name, Amen.

CBC Word for Today – DAY 4

JESUS, THE WORD

Thursday 21st January 2021

By Diane McCauley

Bible readings – Revelation 19:13 and John 1:14

“He is clothed in a robe dipped in blood, and the name by which He is called is The Word of God.”

“The Word became flesh and dwelt among us and we have seen His glory, glory as of the only Son from the Father full of grace and truth.”

Reflection

When I read God’s Word, I may encounter two rather different experiences. The first can be uncomfortable, challenging or sorrowful. The second may be heartening, reassuring and joyful. These experiences may reduce me to tears or laughter. Both however, work necessary change in my heart. This is Our God.

Prayer

Beloved Saviour, You are a perfect Judge who makes no mistakes and sees us all as we truly are. You are also our perfect Saviour full of grace and truth, refining us with mercy and love. Thank you, Lord, that by Your Word we are being perfected.

CBC Word for Today – DAY 5

THE GOD OF PEACE

Friday 22nd January 2021

By Jen Dorman

Bible reading – Philippians 4:8-9

“Finally brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable – if anything is excellent or praiseworthy – think on such things. Whatever you have learned from me, or seen in me – put it into practice. *And the God of peace will be with you.*”

Reflection

Paul is locked up in a stark Roman jail, his mission plans interrupted, when he writes these words. Lockdown has caused frustration, irritation and anxiety to prey on our minds. We can overcome these feelings by deliberately focussing on just one or two positive thoughts and pursuing these. This is a conscious decision but the Holy Spirit is there to comfort us. ‘The God of peace will be with you’.

Prayer

God of peace, cleanse the thoughts of our hearts by the inspiration of Your Holy Spirit so that we can sense Your loving presence with us, guiding us in Your ways. Amen

CBC Word for Today – DAY 6

YOKED TO JESUS

Saturday 23rd January 2021

By Trevor Barnett

Bible reading - Matthew 11:28-30

“Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.”

Reflection

The yoke is often used as a symbol of oppression but submission to Jesus sets us free from the tyranny of sin and brings us peace and rest. He who bore the weight of our sin at Calvary invites us to let Him share all our burdens. Yoked to Jesus, we are not detached from the burden, but Jesus is right there beside us. He takes the strain, guides us forward and shows us how to manage the load.

Prayer

Lord Jesus, thank you for walking with me and sharing my burdens. Help me today to put my trust completely in You, to follow Your lead and, keeping in step with You, look ahead with confidence and peace. Amen

CBC Word for Today – DAY 7

TIME FOR EVERYTHING

Sunday 24th January 2021

By Revd David Stedman

Bible reading - Ecclesiastes 3:11

'He has made everything beautiful in its time. He has also set eternity within the hearts of men; yet they cannot fathom what God has done from beginning to end.'

Reflection

This verse comes as part of the Wisdom literature of the OT and immediately follows the famous 'There is a time for everything ...' poem. How can there be 'a time for war' or 'a time to hate' in God's providence and how can that possibly be described as beautiful? The answer has to do with perspective: God sees all things and does so from the vantage of eternity. This is how Peter encourages believers to rejoice in their suffering (1 Peter 4). This too will pass. The best is yet to be. As we live through 'the time of Covid' as my African friends describe it, perhaps there is a higher perspective or longer view to be understood, and even beauty to be fathomed in the process.

Prayer

Father, we pray for continued health and strength, thank You for keeping us thus far. Please use this season to teach us beautiful things: the value of human contact, physical touch, freedom to roam, a sung chorus. Help us to fathom Your wisdom and what You would teach us in this 'time of Covid'. Amen

CBC Word for Today – DAY 8

GOD OF THE UNIVERSE

Monday 25th January 2021

By Ewen and Karen Blaker

Bible reading – Romans 1:20

“For since the creation of the world God’s invisible qualities—his eternal power and divine nature—have been clearly seen, being understood from what has been made, so that people are without excuse.”

Reflection - Every day we will be out either walking our dog Ollie, or taking the opportunity to cycle along the seafront between Folkestone and Hythe. We never cease to marvel at the amazing beauty and order in God’s creation revealed in everything, from the smallest flower to the glorious golden sunsets, ever mindful of the God who created them. We usually have a break somewhere along the way to pause and reflect, just soaking in the sights and sounds around us. I’m often reminded of a quote from A.W. Tozer, an American pastor and author. *“More spiritual progress can be made in one short moment of speechless silence in the awesome Presence of God than in years of mere study.... The exposure may be brief, but the results are permanent.”*

Prayer - *God of the universe, we thank You for Your many good gifts - for the beauty of Creation and its rich and varied fruits, for clean water and fresh air, for food and shelter, animals and plants. Forgive us for the times we have taken the earth's resources for granted and wasted what You have given us. Transform our hearts and minds so that we would learn to care and share, to touch the earth with gentleness and with love, respecting all living things. Amen*

CBC Word for Today – DAY 9

WE HAVE TO FORGIVE

Tuesday 26th January 2021

By Dorothy Fox

Bible reading – Luke 11:4 (the Lord's Prayer)

*'And forgive us our trespasses,
As we forgive those who trespass against us.'*

Reflection

This is the first prayer Jesus taught the disciples. These lines tell us that, in asking for God's forgiveness, we have to forgive others who have wronged us at the same time. It's only by accepting and living in God's grace that we can do it. I've been in a situation where I knew I had to do this, and I couldn't because my heart was full of hate, so I cried out to Jesus and those two lines came straight into my heart. I wanted to obey, but I still couldn't, so I asked Him to show me how and three weeks later He did. Jesus tells us to forgive and we want to, but sometimes the hurt is too great or the anger too strong. Just ask Him to help you, to show you the way, and if you truly mean it, He will.

Prayer

Lord, we thank You that You loved us enough to die for us, and forgive us our trespasses. We thank You, that through the power of the Holy Spirit living in us, we know this to be true. Show us the way to forgive those who have hurt us, to forgive ourselves for the wrong things we have done, and also to ask people we have hurt to forgive us. In Jesus name, Amen.

CBC Word for Today – DAY 10

THERE MUST BE MORE TO IT THAN THIS

Wednesday 27th January 2021

By Marinus Dodd

Bible reading – John 3:8

‘The wind blows wherever it pleases. You hear it’s sound, but you cannot tell where it comes from or where it is going. So it is with everyone born of the Spirit’

Reflection

So often Sunday’s of my youth were punctuated by my mother frustratingly uttering her Lutheran cry. And what frustration it was. It started a journey that culminated in her leaving her friends and church, and having her faith questioned, but establishing a church, with 3 others, a church that still flourishes today 50 years on. This beautiful lady was not highly educated and English was not her first language, but what a legacy she left. God responded to her frustration when she met Jesus personally and that experience also changed many living around her. She now understood that there **was** more to it than this, but it was no longer a frustration but a promise. God has never finished with us.

Prayer

*Lord mature us through Your Spirit that we accept Your changing of us. So that we grow into who You want us to be. Letting it be Your will and not ours. As we move forward let us rejoice that there **is** more to it than this. Amen*

CBC Word for Today – DAY 11

GOD HOLDS ALL THINGS

Thursday 28th January 2021

By Michelle White

Bible reading – Psalm 46:1-3

“God is our refuge and strength, an ever present help in trouble.”

Reflection

Over the Christmas period, God was really speaking to me about being a refuge-providing shelter and safety from a place of difficulty (or danger or pursuit). The most recent lockdown has hit me hard, but knowing that God is my refuge and my strength during this time of difficulty has been a huge comfort to me. Like the psalmist writes, many of us have spent this past year *‘feeling like the earth is giving way and the mountains falling into the sea,’* we need to hold onto the knowledge that God holds all things together and is with us. He is the place we must draw our strength from during this time and the place in which we must seek refuge.

Prayer

God, in a world where it feels like the earth is giving way, thank You that You hold all things together. Lord as we go through another lockdown, help us to find safety and strength in You and not in worldly things as it is so easy to do. Help us to find strength in the refuge that is Your Word and Your promises. Amen

CBC Word for Today – DAY 12

MAN IS BORN TO TROUBLE

Friday 29th January 2021

By Jen Dorman

Bible reading – Job 5:1,7-8; 19:25

‘Call if you will, but who will answer you?..... Man is born to trouble as the sparks fly upward, but if it were I, I would appeal to God..... I know that my Redeemer lives and that in the end He will stand upon the earth’

Reflection

The holy scriptures honestly report disasters as well as success. We are not alone in experiencing times of despair. If we never experienced sorrow we could not fully appreciate joy. God hears our prayers and answers them in His time and His way. Job’s fortunes and happiness were eventually restored.

Prayer

Loving God, You know how we feel. Thank You that we can be honest. Give us resilience to survive difficult times and then enjoy all the more Your goodness and Your love’. Amen

CBC Word for Today – DAY 13

FINDING GOD IN THE BELLY OF THE FISH

Saturday 30th January 2021

By Maddie Thorp

Bible reading - Jonah 2:1-2

“Then Jonah prayed to the LORD his God from the belly of the fish, saying, ‘I called to the LORD out of my distress, and he answered me; out of the belly of Sheol I cried, and you heard my voice.’”

Reflection

Being in the belly of a fish is a pretty awful place to be, and yet it's from this place that Jonah prays a Psalm of Thanksgiving. He compares where he is to Sheol, the place of ultimate darkness, and is looking for the light in the midst of it by calling out to God. We find ourselves in a place where it can feel and look hopeless – as though we're surrounded by darkness. But where there's darkness, God is a light that we can call on and rest on.

Prayer

Heavenly Father, we thank You that You are a light in the darkness. Thank You for Your faithfulness and for the relationship that allows us to rest in You. Help us remember that You are our hope in times of trouble. In Jesus name, Amen.

CBC Word for Today – DAY 14

GOD IS OUR SURE AND STEADFAST ANCHOR

Sunday 31st January 2021

By Jonathan Haddock

Bible reading – Hebrews 6:19

“We have this hope as an anchor for the soul, firm and secure.” (NIV)

Reflection

Those familiar with the Boys' Brigade will know this verse that gives the BB its motto, “sure and steadfast”. When reading this verse we're reminded that God is a guarantee - He'll be there for us and can be depended on. I encourage you to read the surrounding verses of Hebrews 6:13 - 18 which highlight how powerful and dependable God is.

Prayer

Father God, please help us to remember that You are there for us and that we can depend on You and our faith in You is not misplaced. Through You we can weather any storm, and You'll bring us out to the other side. Amen

CBC Word for Today – DAY 15

THE JOY OF THE LORD

Monday 1st February 2021

By Jen Dorman

Bible reading – Nehemiah 8:10

‘The joy of the Lord is your strength’.

Reflection

Nehemiah encourages the Israelites who are rebuilding their lives in Jerusalem, no longer under the rule of Ataxerxes. It is a rainbow moment. They can rejoice because they are under God’s rule which offers security, justice and hope even when they feel exhausted and fearful. We look forward to the time when our lives are no longer constrained by the pandemic. Meantime our lawmakers wrestle with the task of ordering our lives. We know that God can and will overrule in His time. We can rejoice and find strength in this assurance.

Prayer

Almighty and everlasting God we worship You and thank You for Your goodness and love. We thank You for Your presence with us when we feel weak and powerless. May our joy be infectious and draw others into Your family. Amen