

## REFLECTION ON PSALM 11:3

*“When the foundations are being destroyed, what can the righteous do...”*

Kindly take time to read Psalm 11; it gives a deeper insight into this. The mighty King David is running away from his 3<sup>rd</sup> born son Absalom, who wants to overthrow him as King; a great contrast to one who felled Goliath and thousands more at the battle front. However, fear and death is not a respecter of personality.

The foundations of our social ethos have been shaken by the Covid-19 pandemic. Self-isolating, safe social distance, quarantine, no handshakes, no hugs etc are some terms that have become synonymous with our day to day life.

The foundation of our freedom of movement is curtailed. Apart from essential travel, lockdown, police checks and fines, and closed cafes, pubs, restaurants are things we are slowly coming to contend with.

The foundation of our shopping habits is shaken; panic buying, hoarding, price hikes, empty shelves, long queues are some things we have experienced.

The foundation of our freedom of worship and by extension assembly in numbers, is shaken. An evolution of how to be a church away from church is being born. From Skype, live streaming and Zoom video conferencing: opportunities are live for us to be community again.

Amidst all of this this shaking, who are the righteous and what can they do?

The righteous are those people who are right in moral ways and conduct. We can all achieve righteousness by following the ethical Christian conduct as expected of us; we are surrounded by such a great crowd of witnesses. It's about us being true Christians even while away from the body of Christians.

From all this we should aim to rebuild a foundation of sacrifice for our time and resources in order to meet the need of others. We have all heard stories of people running errands for others, for example shopping, delivering food and medication, providing transport for the vulnerable etc.

Strengthen the foundation of service to others. Were you not moved by the oversubscription of NHS volunteers and nearer to us the ongoing mass recruitment for the Nightingale Hospital, at the Excel Centre. People are putting themselves at the front line for others.

Strengthen the foundation of understanding and respect for others. I have been judgemental of people stock piling trolleys in the supermarket only to learn later that one of them was shopping for other vulnerable people. I have seen a family walking on a grassy patch and thought what a display of ignorance, only to learn that they have been cramped together in a one-room flat and they were just stepping out for fresh air.

Applaud the foundation of our Patriotism/Nationalism by honouring the good deeds. Nothing beats this than a simple gesture of clapping and applauding all the front-line

workers in all sectors who are keeping the wheels of our lives in motion among other things.

One could say I don't fall into any of those categories, but trust me, picking up that phone, calling a family member, a friend, a neighbour, that member of your congregation, just to check on them and assure them we are in this all together means a lot.

Above all and the greatest thing of all, is fortifying our foundation of PRAYER. It's the greatest weapon we have; we can draw upon the body of Christ to wage war against all evil forces irrespective of conspiracy theories about Covid-19 - from Bio terrorism, 5G cell mutations & economic supremacy wars.

When all was happening David retreated to the hills, regrouped, strategised and won the war. Although he was moved and mourned the death of the son, let us all remember that this scourge will alter many of our social norms. In our seclusion may we all reconnect with the Almighty, pray for all those infected and affected and pray for the whole world that God may be manifest as the omnipotent healer and restorer!

Amen

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