

## Daily Reflection

April 10, 2020

In the first lesson of today's [Daily Office readings](#), the author has nothing whatsoever good to say about his present circumstances. But then there is an interesting shift. He remembers that he has a "go to" thought, something he can count on to change his bearings, saying "But this I call to mind, and therefore I have hope" *Lamentations 3:21*. And what is his "go to" thought? It is this:

The steadfast love of the Lord never ceases,  
his mercies never come to an end;  
they are new every morning;  
great is your faithfulness. *Lamentations 3:22-23*

These most poetic and reassuring words have become oft-sung lyrics and reliable "go to" verses for countless souls. Do you have a "go to" Bible verse or prayer?

In 1987, Terry Waite was an envoy from the Church of England who was seeking the release of hostages in Lebanon, when he himself was taken captive. He was kept alone chained in a dark cell for roughly four years. He later told interviewers that he preserved his sanity with collects from the *Prayer Book* which had become embedded in his memory, such as:

"Lighten our darkness, we beseech thee, O Lord; and by thy great mercy defend us from all perils and dangers of this night." (See our own *Book of Common Prayer* at p. 123)

Today, Good Friday, we recall Jesus' death on the cross. Follow this [link](#) to our worship service, using tried and true prayers. You may hear one you will wish to remember for future use.

*Pastor Kathleen Kelly,*

Interim Rector



*Terry Waite in 1992*