Being a Christian is being part of a community, and one of the joys of being a Christian is meeting together in Church each week with other Christians to encourage each other and bud each other up in the faith as we meet around God's word.

So, as I stand in an empty church speaking to you today there's a lot to take in isn't there.

So, I wonder how you're feeling this morning?

Maybe you're anxious about the medical impact of the coronavirus for yourself or for someone you love.

Perhaps you're worried about how you're going to make ends meet because of what the financial implications will be on your family or the country as a whole.

Or maybe you're just fed up with the whole thing because of all the restrictions that are being placed on you especially on this mothering Sunday.

Well however you're feeling this morning listen to these words from Psalm 46 as an encouragement.

God is our refuge and strength, a very present help in time of trouble.

Therefore, we will not fear that the Earth gives away the God of hosts is with us, the God of Jacob is our fortress.