



St. Mary & St. Joseph Coptic Orthodox Church
 11308 Yonge St, Richmond Hill, ON L4S 1K9

Daily Meditations • June 24, 2020

THE ROCK

THE LORD IS MY ROCK.
 - PSALM 18:2

Daily Meditation





Reflection on (Philippians 4: 6-7)

Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.

These two verses from today's Pauline Epistle teach us not to give in to unnecessary thoughts of anxiety or worry about matters of this world. Rather than worrying about it ourselves we should leave it in the hands of our Lord. How do we do this? Prayer and supplication helps us strengthen our bond with God. So instead of worrying about our problems, we find hope through prayer which allows us to experience God's grace and peace. God's grace is not something that can be hidden from us at times of worry/stress but rather something that we choose to turn our backs on when we feel hopeless. Peace is found in the reassurance that the stressful circumstance is to be handled by Christ. Prayer in times of hardship is not only to be done out of





petition and demand but more importantly out of thanksgiving. Thanksgiving comes from the soul and demonstrates a true insight and affection for God and His plan for us. The problems of this world are temporary but life with God in His kingdom is eternal.



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