



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

Daily Meditations • June 27, 2020

# THE ROCK

THE LORD IS MY ROCK.  
 - PSALM 18:2

*Daily Meditation*





## Reflection on (Isaiah 41:10)

*Fear not, for I am with you; Be not dismayed, for I am your God. I will strengthen you, Yes, I will help you, I will uphold you with My righteous right hand.*

He is always in our corner, always supporting us encouraging us to make the right decisions. Even in today society there is so much uncertainty and temptation, through Him we are strong. It is difficult being stuck in our homes away from the church, friends, and those we care about. But He is with us even when we feel lonely and depressed, when we feel things cannot get any worse and the world is turning upside down. It is important to believe He works through us and He has a vision even if it doesn't seem like it at any particular moment in our lives. As society opens up there are numerous challenges we may face but we must remember that He taught us to be patient in the most stressful and fearful situations, to be kind and understanding to





everyone, and to treat everyone the same as we would like to be treated. He will give us the strength and the power to get out of bed and face everyday with a smile.



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