

Today is Tuesday the 28 May in the sixth week of Easter.

The monks of the Abbey of Keur Moussa sing, Sur tes murailles. "On your walls, Jerusalem, I set watchmen. Day or night they must never be silent." These words from the Prophet Isaiah speak of the care God has for his people, watching over them at every moment, to guard them, guide them, protect them. As you enter into prayer, ponder for a moment the care that God has for you, how God, even now, is holding you in the palm of his hand.

Today's reading is from the Acts of the Apostles.

That reading gives us two very powerful images – a prison and an earthquake. What does the prison stand for? Loss of freedom, most obviously. But in my life it may remind me of times when I just wasn't able to do what I wanted. Was I locked in by other people's actions? Or maybe by my own weakness, timidity, fear?

And what of the earthquake? What does that stand for? Maybe there have been times in my life when something threatened the very foundations of my life? The end of a relationship, a personal disaster, a time when I was betrayed by someone close to me, perhaps. Can I remember how that felt?

When you listen to the passage a second time listen to the voices: Paul and Silas singing their hymns, the prisoners sitting there listening to Paul and Silas, and perhaps finding some peace and consolation. Secondly, in the middle of the earthquake, listen to Paul's voice: 'We are all here.' Again a voice of reassurance, the voice of one who knows that nothing can disturb the peace that God grants.

In your life, who has been that voice of consolation and reassurance to you? Maybe a friend who has been an immovable rock when your inner self was disturbed and in turmoil. As you remember that person, give thanks to God for them.