This lovely prayer encouragement was written by Rev Wendy when she was in hospital recently.

How wonderful that the Lord makes himself known to us at the time we need it most. I had sat on a chair for nearly 28 hours before being admitted to a ward. Within minutes my friend arrived with a bag of useful items including a book by a best-selling author whom I love to read. It is Victoria Hislops's 'The Thread'. The second chapter introduces a self-opinionated person by the name of Konstantinos Komninos. He was a wealthy cloth merchant in Thessaloniki with a rapidly-expanding, booming business due to him being commissioned to supply the fabric for military uniforms, on the cusp of a call up of thousands for military call up. His large warehouse was close to the port, and his showroom in the city centre. There rolls of silk, velvet, taffeta and wool were stored and arranged by colour. As he ran his fingers along them he recalled his father's words spoken to him as a child of five.

"Think of this place.....as the alpha and omega of our lives."

Then he would point out the cutting shears neatly left at the centre of each of the polished cutting tables.

"There is the Alpha", he would say, tracing the 'A' shape of the scissors, "and here is the Omega."

He would point at the roll-ends made of perfect 'O's. "In this family, they are the only letters you need to know."

Each day, Konstantinos thought of his father's words and now he was able to look forward to the time he could repeat them to his own son.

This great I AM saying of Jesus is a promise for the now and the future, this life and the next. It's one of the symbols of the early church and one of mine, too. I thank Christ for giving it to me again as something to hang on to in this time of unknown and waiting. On a similar occasion, yet under different circumstances, John received the words and recorded them at the end of his book of Revelation 22 v13,

"I am the Alpha and the Omega, the first and the last, the beginning and the end." Had any of the Christians in Thessaloniki heard the saying when Paul wrote his letters to them? We who know his claim and promise, how often do we recall it? They were the only letters Konstantinos said his son needed to know. We do too. Christ is the Alpha and Omega, the A and O, on whom and in whom our faith depends.

Meditate on the words of Paul's prayer of encouragement to the Thessalonians and make them your own.

"May he (the Lord) give you inner strength that you may be blameless and holy in the presence of our God and Father when our Lord Jesus comes with all his holy angels."! Thessalonians 3:13

Wendy.