

**Isaiah 40:21-31**

**You are not forgotten by God**

The prophet contrasts the grandeur and eternity of God to that of even the mightiest of humans. There is no comparison. No human could ever create the universe of all that is in it. No one could know every single element and creature and person in the universe, as God does. And God will strengthen and uphold his people for whatever they will face.



Bake cupcakes and ice them with the words 'God loves you', to share with others.



Listen to the song 'You raise me up'  
[https://www.youtube.com/watch?v=Yfwlj0gba\\_k](https://www.youtube.com/watch?v=Yfwlj0gba_k)  
and pray for everyone you have spoken to today.

*Write*

Elizabeth Barrett Browning wrote a love sonnet beginning 'How do I love thee? Let me count the ways'. Each take a small piece of paper and list all the different ways and situations in which God might show love for us. Share your list with other family members and add any extras they have to your list.

**Bible notes**



For half a century, the people of Judah had lived in exile. After the horror of the Babylonian war, defeat and capture, the prophet Jeremiah told them to make a life for themselves in their new surroundings (Jeremiah 29:7) which they had done. But it wasn't home. And having done what God asked them to do, they now feel abandoned, disregarded, alone in the world. This section orbits around verse 27. A new prophet has arisen who is telling the people of Judah to lift their eyes and look. Something extraordinary is about to happen. God is coming to deliver them and set them off on a journey home. But how can this be? Babylon is, like all empires, impregnable and disregards the Judahites even more than God. But the wheels of history are turning, Assyria is rising and Babylon is about to be swept away. When that happens, these sorrowing exiles need to be ready to make the long journey home. How can this be? Because of who God is. God is the all-powerful creator who brings empires to dust and stoops to rescue God's people. So, the prophet tells them to get ready: God will strengthen them for the journey if they look to God. The great words of verses 29–31 will be true of them and a new chapter of their history will open.

**First impressions**

- Why are bees so important to human survival?
- How can we make sure no one feels insignificant and forgotten?
- What helps you to know you are known and loved by God?



**A prayer for all ages**

Creator God, you count all the stars, not one of them is missing from your love. Thank you that we are all remembered by you, and that no one misses out on your loving care. Amen.

**REFLECT**



Think about the groups that might feel in 'internal exile' in our community: refugees, elderly, homeless. Turn these into new lines for 'He's got the whole world in his hands'. Sing your new version. Read St Teresa of Avila's reflection 'Christ has no body but yours' <https://catholic-link.org/quotes/st-teresa-of-avila-quote-christ-has-no-body-but-yours/> and pray for God's guidance and strength to do his work.