

“Sophie and Friends”



“Sophie’s Sofa”

“I will both lie down and sleep in peace; for you alone, O LORD, make me lie down in safety.”

(Psalm 4:8)

Sophie and I have developed a wonderful morning ritual. After our morning game of keep-away with the ball in the back yard, I settle down on the patio sofa and enjoy my first cup of coffee. All furniture in our home is off limits to Sophie, with the exception of the outdoor sofa. It has become Sophie’s sofa. For a few precious moments each morning, Sophie jumps on the sofa and slides onto my lap. Together, from “her” sofa, we watch the squirrels taunt her from the fence, the crows flying overhead squawking at our presence and butterflies dancing on the flowers. I run my hands along her thick fur coat. We both enjoy quiet moments of peace. In a very real way, I sense the Lord of all creation is sitting with us on Sophie’s sofa. All is well in my world for a few moments each morning on Sophie’s sofa with the Lord.

Psalm 4 is a prayer for relief from distress. It is a prayer for peace. The Hebrew word for peace is shalom. However, “peace” is only one small part of the meaning. “Shalom” comes from the root verb meaning to complete. Shalom is more than the absence of conflict; it is the feeling of fullness and richness of life. Shalom is an experience of contentment, completeness, wholeness, well-being and harmony. The psalmist sings a song of trusting in the Lord alone during days of unrest. Peaceful stringed instruments accompany the beautiful melody. The lyrics are an exhortation for the people of God not to give way to exasperation or anxiety in days of uncertainty, but to look to the Lord as our comfort and hope. It is as if the psalmist is sitting on...Sophie’s sofa with the Lord.

This Sunday morning, we will return to the Fireside Room in the Gateway Complex for our morning worship at 10:30AM. We will “hum” together our Gathering Hymn of Praise. We will pray for peace in our lives, our land and our world. We will listen for the voice of God for us from the Scriptures at such a time as this, and we will gather around the table of the Lord to nourish our souls with the body and blood of our Savior. For those precious moments in worship together, all will be well in our world, for God alone will sit with us all...on his sofa of shalom. May the peace of Christ be with us all.