



Wednesday, March 25

The Mount Vernon School's Weekly Chapel Message

From Brian Burchik, Director of Spiritual Life

Last week, we reflected on the idea that “*social distancing*” can be an opportunity for *community nearness*.” How have you experienced “community nearness” so far? Whether with family, or virtually with friends and our school community, I bet there have been moments of connection, love, and a purpose bigger than yourself. Thank God that we are never alone, especially during times like this.

As we looked at Psalm 100 last week, the metaphor of God as “shepherd” and his people as “sheep” spoke to me deeply, and led me this week to Psalm 23.

In this psalm, the writer states that God “restores my soul.” I don’t know about you, but in the last week, my soul has experienced a lot of unrest. Now more than ever, I need God to restore my soul and lead me “beside still waters.” Even if it’s just for a minute, I encourage you to find a time each day to pause, to be still, and to know that God is with you.

God is our good shepherd, and as we continue to move forward one step at a time, I pray we can trust and experience his comfort and peace.

Psalm 100

The Lord is my shepherd; **I shall not want**. He makes me lie down in green pastures. He leads me beside still waters. He restores my soul. He leads me in paths of righteousness for his name’s sake. Even though I walk through the valley of the shadow of death, I will fear no evil, **for you are with me**; your rod and your staff, they comfort me. You prepare a table before me in the presence of my enemies; you anoint my head with oil; my cup overflows. Surely goodness and mercy shall follow me all the days of my life, and I shall dwell in the house of the Lord forever.

Reflection

I shall not want - These are vulnerable times, and yet, it is when we feel the most vulnerable that we are also the most open to a deeper perspective on life. As we walk through these difficult times, how might we find contentment in what matters most - our relationships with God and others.

For you are with me - God’s presence is always with us, whether we feel it or not. We can’t earn it and we certainly can’t lose it. God is here, God is love, God is good.

Worship

As we continue to walk through these trying times, the lyrics of this worship song are incredibly powerful. I encourage you to take a listen and reflect on the words: [“God I Look to You” from Bethel Music](#)



But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, 23 gentleness and self-control. Against such things there is no law. Galatians 5.22-23