

Roots

Welcome to our reflection for Church without Walls

Here are some ideas of how to use these reflections:

Pray that God will lead your thoughts.

Sit comfortably, take a few deep breaths and relax.

Let your mind wander as you read the reflection. Write down your thoughts in a notebook. If you are busy, try and pick out something to take with you in odd moments during the day.

You may wish to memorise the Bible verse. Write it out and stick it up somewhere.

Bible Verse

Then Christ will make his home in your hearts as you trust in him. Your roots will grow down into God's love and keep you strong.

(Ephesians 3:17 NLT)

Reflection



We have recently transplanted a tree. It was difficult to dig it out with its roots firmly surrounded by soil. Some of the roots became damaged, but hopefully they will heal.

How firm are your roots in God? Have your roots been challenged during this pandemic? Have your thoughts, your assumptions about life been shaken?

Great care was taken to give the tree the best opportunity to make a new life in a new place. Fresh soil was added. Nutrients were added to the soil to give the tree energy to recover from the trauma of being moved.

What have you given yourself to help you through this time? Have you been kind to yourself?

Three stakes were added to support the tree when the wind blows. Today, as I write this, the wind is strong and the tree is dramatically bending in the wind. I can picture it bending so much that the roots are pulled out of the ground, but of course the stakes are supporting it. In time the roots will embed themselves into the soil and the supports will be able to be removed. We wait for the buds to come and the leaves to sprout.

Do you feel supported? Who supports you? Are you supporting someone? Do you feel you are supporting everyone around you and they are oblivious to your needs? Perhaps it is time to speak up for yourself.

Do you think Jesus felt supported by his friends? Why? Why not?

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