

## Masks

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

1 Corinthians 13:7

*[Love] always protects, always trusts, always hopes, always perseveres.* (NIV)

*Love never gives up, never loses faith, is always hopeful,  
and endures through every circumstance.* (NLT)

## Reflection



Children love to play with masks. It gives them the opportunity to pretend to be all sorts of different animals or people. It is an opportunity for their minds to run riot. Unknown to them they often act out events that are deep within them. In this photo a child is wearing a chameleon mask. Think about what a chameleon does.

Masks hide what is behind them. Do we put on different masks for different people/situations? Should we do that or not? At the moment, are you putting on a mask that says “all is OK with me” when deep down it is not how you feel?

Perhaps you keep hearing God’s promises and you are sitting uncomfortably with

them? Matthew’s gospel ends with Jesus appearing to the eleven disciples in Galilee. Matthew writes: *When they saw him, they worshipped him, but some doubted* (Matthew 28:17). If it was OK for the disciples to have doubts, it is OK for you. So you don’t need to hide your doubts, but why not try and see if you can work through them.



A year ago the mention of masks might have led you to picture something like the photo above. But at the moment the title of this reflection probably made you think of medical masks. Doctors and nurses use masks both to protect themselves and to protect other people. They need them because their work makes them particularly vulnerable to attack from coronavirus. Sometimes we use imaginary masks to hide our vulnerability. We do not want to be seen as weak, but it is in our weakness that God is able to make us strong as we rely on Him. Sometimes we put on a cheerful mask to protect others from feeling down. Are there times when we need to put on a mask to protect ourselves?

Are you yourself when you meet someone, or do you tend to act a part you feel you should because that is what society expects of you?

Sometimes, we even try to hide when we talk to God to protect us from hearing Him say things that we do not wish to hear. We keep our mask on, but to God it is transparent and He waits for us willingly to remove it so that we can hear His voice.

Do you know who you are behind your masks? What are your masks?

You could use a jam jar or small box and put the bible verse on it and then during the week put in any thoughts you have about who you are and what your masks are. As you do this remember that God protects you and loves you even when it is painful to be honest with yourself.

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