

## What's in a name?

### 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

Whatever you do in word or deed, do all in the name of the Lord Jesus, giving thanks through Him to God the Father. (*Colossians 3:17*)

### Reflection



The picture is of my collection of stones. To each one is attached a name, the name of the place from which it came. Most were brought back by my daughter from her travels, near and far. So, within each stone and its name are held a setting out and a return, a journey, a story, a person or two, some learning, some excitement and fear and much more besides.

Recently, being 'locked down', I have found myself looking more closely at the objects in my home, the ideas, thoughts, experiences and memories they evoke. Perhaps you are doing something similar. I have found that apparent solitude is in fact populated by many names and apparent emptiness is full of stories – and some adventures! In a remarkable way, as we look more deeply and intently, we can find that depth opening out and revealing both needs and treasures in a wider world.

I wonder what you can 'name' in your own living space and what those things mean to you. Can some things remind you of happy days and encourage hope for better times ahead? Perhaps some things remind you of people, whose joy, courage or kindness has already enriched your life. Perhaps some may be connected to a story which might make you smile! Continuing to reflect, are you drawn outward into a wider world of connection and prayer?

Our Bible quotation reminds us of the name of Jesus and all it means to us; our strength, our peace, our protection and our hope. A prayer in itself, that name can permeate our lives, 'whatever we do in word or deed'. A very precious name to keep with you, whatever you are doing, wherever you go, and in this time of going, outwardly, nowhere at all.

*Lindsay Farley*