

Keep it simple

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

*Rejoice in the Lord always. I will say it again: Rejoice!
Let your gentleness be evident to all. The Lord is near.*

(Ephesians 4: 4-5)



Reflection

The other day I noticed these daisies and thought how lovely they are and how restful. Why? I concluded it is their simple beauty, colour and shape. They have no ambition to dominate. They simply are.

In our lockdown lives, some of our usual occupations are stripped away but the potential gap this leaves can be easily filled. Nature abhors a vacuum and it all piles in. We can be swamped by an excess of words, news, advice and information, instructions and zoom meetings, things to read and do. Depending on our stage of life, there may be new demands, duties and roles.

One possible benefit of things as they are could be a simpler daily life, making space for things that really matter – just being, like the daisies.

So, how do we hold back the flood of input, and demands?

Is there one word which means peace and simplicity to you?

Or a picture?

Or a Bible verse?

Put it where you can see it.

Pause. Take time to breathe, nothing more, just where you are, for two minutes

Perhaps simply decide to see things in a new light.

You will notice that this Reflection is double spaced – fewer words, more space between.

The Lord is near

Lindsay Farley