

Autumn and Change

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

Jesus Christ is the same yesterday and today and forever.

(Hebrews 13:8)

Reflection



Autumn is a time of changing colours and ultimately dead leaves. There is a beauty in the autumn leaves as they go through different stages of colours. Eventually the tree will be bare until the new shoots start in the spring. Does it feel like that for us now? Rules have changed and may keep changing for a while.

There is uncertainty in the air. Will we see this winter areas of our lives that are bare? No big Christmas celebrations. Christmas stripped of so much we expect. What can you do to make Christmas special this year? It may seem early to think about Christmas, but we need to prepare how we can celebrate it in a different way.

We hope that the spring will bring fewer restrictions. Some parts of our life might never return in the same way. We do not know the future. We do know that Jesus is the same yesterday, today and forever and we cling onto that truth through the dark, cold, winter months. Look for signs of new growth wherever you go. It will bring you hope.

At the moment we are about to experience the beautiful colours of autumn and we do not think of the bare trees that follow. You may wish to collect some autumn leaves and make an arrangement with them. This autumn and winter appreciate and thank God for every small excitement without looking too far ahead.

You may find it helpful to look back and name changes you have seen in your life these last few months whether sad or happy. Accept them for what they were or still are.

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