

## Pass it on

### 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

*For what I have received I passed onto you as of first importance: that Christ died for our sins ... that he was buried, that he was raised on the third day ... and that he appeared ....*

(1 Corinthians 15:3)

## Reflection



A drop of water falls from the leaf of a tree onto the leaf of the plant below, making the leaf jump. It is passing on the refreshing water, but it seems too heavy for the leaf.

Do some things seem too heavy for you at the moment? Too much for you?

The leaf shakes and the water falls to the ground. The water is passed on.

What have you received? What do you pass on? What do you want to pass on?

The water on the ground will provide sustenance for the roots of the plant.

What roots do you have that need watering? How do you sustain them?

Many drops of water fall creating a forest of movement and yet there is a stillness in the air.

The rain is a welcome blessing after the days of heat. The ground is thirsty for the rain. The ground turns from hardness to softness.

Do you need to become gentler towards people?

Another, completely opposite, thought crosses my mind. We do not want to pass on the coronavirus. What can you do to prevent that happening? Are there sacrifices to be made? Are there decisions to be made as the colder weather approaches?

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