

## Spiders' Webs

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

*Such is the destiny of all who forget God; ...*

*What they trust in is fragile;*

*what they rely on is a spider's web.*

*They lean on the web, but it gives way;*

*they cling to it, but it does not hold.*

(Job 8:13-15)

### Reflection



Glistening webs covered with dew.

Appearing fragile, yet each a strong trap.

So beautiful and yet designed to kill.

There are several ways that spiders use their webs. One way is to entangle the fly as it tries to escape. What is entangling/trapping you? How can you escape?

Another way is that the web is sticky and so the fly cannot remove itself from the web. Are you stuck in what you do or with whom you know?

Cobwebs are associated with old dusty houses. A sign of no change. Are there cobwebs in your life that need to be shaken off? Have these last months made you question what cobwebs are in your life? Are you going to do anything about them? A thought: something can seem good, but is purely tradition, which may or may not be OK.

Spiders use a lot of protein to spin their web and so sometimes if they have caught nothing they will eat their own web. When we are tired and appear to be getting nowhere in our lives, do we need to stop and feed ourselves? Perhaps we need rest, nourishing food, time spent to listen to God to discover the right direction. We may need to eat our web and start afresh.

Another fascinating fact is that a spider's web is rich in vitamin K and used to be used to help blood clot on wounds. Do you need a beautiful silken web to cover your inner wounds?

*Jerica Davies*