

## Frost

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

*[Love] bears all things, believes all things, hopes all things, endures all things.*

(1 Corinthians 13:7)

## Reflection



Winter is approaching and I am looking forward to a bright frosty morning. We had a light frost a while ago, but not sufficient to kill any of the plants that cannot survive a frost. We protect plants that will not live through a frost, by covering them or bringing them into a cool, frost free building. Or, if you are like me, you don't plant them in the first place! Protection is something we hear a lot about at the moment. Protect the vulnerable. Protect the NHS.

What can we do to play our part? What/whom do we need to protect?

I'm not only looking forward to bright frosty mornings, but even more to Christmas. What are you looking forward to as we approach Christmas? What are the signs that point you to Christmas? Will they be there this year? If not, how can you replace them? Advent is a time to look forward and prepare to celebrate the birth of Jesus.

*Love came down at Christmas,  
Love all lovely, Love divine;  
Love was born at Christmas,  
Star and angels gave the sign.*

*Worship we the Godhead,  
Love incarnate, Love divine;  
Worship we our Jesus:  
But wherewith for sacred sign?*

*Love shall be our token,  
Love be yours and love be mine,  
Love to God and all the world,  
Love for plea and gift and sign.*

Christina Georgina Rossetti

The frost on the ground crunches as we walk on it. We need to take care not to slip. The plants become hard and stiff. A reminder that there are times when we need to be strong and resilient to protect ourselves. Yet we need to be soft and compassionate. As the frost melts on the plants, the hardness disappears. Perhaps you are in a job where you are having to appear strong, but at the end of the day you would like to allow the tears to fall. It is difficult to show both strength and compassion at the same time.

Frost is attractive. It glistens in the sunshine. Intricate patterns can be seen. With frost comes a beautiful world.

What is there at the moment that you see as beautiful? Maybe a book with beautiful pictures. Perhaps a TV programme which shows the beauty of the world. I enjoy Countryfile on a Sunday night which mixes nature and human activity. Whenever you see something beautiful, use the time as a prayer time.

*Jerica Davies*