

## 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

*Are not five sparrows sold for two pennies? Yet not one of them is forgotten by God. Indeed, the very hairs of your head are all numbered. Don't be afraid; you are worth more than many sparrows.* (Luke 12: 6-7)

*For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.* (John 3: 16)

### Reflection



Now our climate is warming, a sharp frost is not a frequent event. Hence there was a feeling of anticipation when the weather forecast suggested that the next day would bring frost. The chill in the air already announced it and the curtains were drawn back to reveal a crisp, white covering over the garden. Going outside, I felt the pleasant, characteristic scrunch underfoot. The cold air had a cleansing feel to it.

Looking more closely, I saw how the frost highlighted every small detail of beautiful natural features I might otherwise have overlooked - the dried seed heads and grasses, still present from last year, and the spider's web, made only this morning.

Do you tend to overlook life's small blessings?

Look and listen again with fresh eyes (and ears) and give thanks for each thing you notice.

Small things can make a difference to others too.

What small kindness can you do today – even a smile, a wave, a friendly word?



On that cold morning I was intrigued too by the way the frost goes beyond the fine detail. The continuous, clean, white covering over the grass, the flowerbeds and trees blotted out distractions – the mud, the weeds, the ungathered leaves. It encouraged me to lift my eyes and look at the bigger picture.

Can you see the bigger picture? What distractions prevent you?

Frost can be destructive too. Plants whose ancestors evolved in a warmer climate will die if exposed to frost. They need to be protected to survive the cold.

In what way do you need to be proactive in caring for something or someone?

Plants which evolved here or in a climate like ours are well adapted to frosty temperatures and survive well.

How can you choose to adapt to current conditions?

Our Bible verses illustrate how God speaks to us of both the fine detail and the larger picture.

*Lindsay Farley*