

## Waking Up

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

*Arise, shine, for your light has come,  
and the glory of the LORD rises upon you.  
See, darkness covers the earth  
and thick darkness is over the peoples,  
but the LORD rises upon you  
and his glory appears over you.*

Isaiah 60:1-2



## Reflection

For several weeks now, I have had my eye on the hellebores in the picture. Though the days are still cold and wintry, the light is very gradually increasing. Each day sunset is that little bit later and the earth is gradually waking from its winter sleep. The hellebores stirred and, little by little, have grown and strengthened. One day,

when I looked, a flower bud, still face down, had broken through. Over the course of a few days It rose slowly up and swelled, allowing a glimpse of that very encouraging yellow, which definitely speaks of spring. I was impatient but that didn't help. I had to wait until, one morning, the flower was there, as you see it, with leaves, stem and sepals, almost awake.

I thought about the process of waking up. Though we are not flowers, as signs of spring become evident, we too begin to awake, starting to look outwards, becoming more active, looking forward to warmer days, making plans. Though this year the possibilities are more limited, there is still spring to come, a sense of anticipation in the air as we begin to emerge from winter's tunnel. In the new season, there is hope of a new beginning, as plant life stirs, birds sing and the woodpecker is busy in the woods.

In this coming new season, is there a particular new beginning you'd like to make?

Our Bible verse says, 'Arise, shine'. When you awake in the morning do you awake with hope and feel like shining? If so, you might like to record that feeling in words or colours to remind you when things are harder. If not, might you like to write the verse from Isaiah out in spring colours of yellow and green or find a picture on a card or in a magazine which reminds you that spring is coming,

When you wake in the morning, you may do so comfortably and positively, looking forward to the day ahead, or quite suddenly, feeling a bit disorientated until you remember who and where you are. If you are closer to the second possibility, you might bring any worrying thoughts to God with confidence that 'the glory of the Lord rises upon you'. In that way your new day can be a new beginning. Each glimpse that you see of the coming spring is there to remind you of God's love and power.

*Lindsay Farley*