

Fragility

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

But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me.

2 Corinthians 12: 9



Last autumn, one day when I was working in the garden, the little seed head you see in the picture above arrived at my feet, blown along by the wind. Picking it up I was delighted and amazed, wondering where it had come from – perhaps some distance – and how such a fragile object had survived being buffeted about by the wind.

Handling it, I was concerned at first not to break it but I soon realised just how sturdy it is in spite of appearances. It has had a lifetime of service, first supporting flowers and then seeds and then setting out on a seed-scattering journey. Even now, with all its seeds beginning a new life, it has begun a new life with me as an object of beauty and a reminder to me of strength in fragility.

As a result of our recent experiences of isolation, uncertainty and fear, even those of us normally in robust health may have felt more fragile, physically, emotionally and even spiritually. We may have realised how much our confidence depends on our connection and interaction with others and the extent to which health concerns and indeed all sorts of worries can be magnified without the balance provided by in-person communication. We may, for the want of a better word, feel 'wobbly'. Life itself may feel more fragile than it did before.

And yet, in owning this different sense of ourselves and acknowledging it, there can be found a new kind of strength which is more firmly grounded. The experience may open up new areas of thought and a new understanding and empathy for others. Fragility is a challenge to our usual self sufficiency as we realise how much our wider connections and relationships matter.

Is there something or someone you find yourself valuing and appreciating more?

As we look towards the future, are there ways in which your outlook might change?

And your priorities?

Looking at the words from 2 Corinthians, we see that fragility is not a new experience, although it may have been unfamiliar to some of us. Paul is able to experience God's grace and power all the more as he acknowledges his own weakness.

Perhaps we may learn a similar lesson from our own journey into fragility.

Lindsay Farley