

## **Snowdrop**

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**

*Blessed are the pure in heart, for they will see God.*

(Matthew 5:8)

## **Reflection**



You may wish to pick a snowdrop if you have any in your garden before you read this:

The snowdrop silently announces spring is on its way.

No bright colours like the daffodil.

It has pushed its way through the soil and withstood the cold winter.

There is hope and joy in the air.

The wind blows but it stands erect, confident in itself, unlike the daffodil which is knocked around by the wind.

The snowdrop hangs its head down in humility.

It appears fragile and vulnerable.

It is small.

The beautiful white flowers remind us of God's purity.

Is there a word that resonates with you? Take it with you to ponder.

Did you know that snowdrop bulbs are poisonous? They contain alkaloid galantamine. Yet in small quantities this is a drug with healing properties. It is used in the management of Alzheimer's disease in over 70 countries, including the UK.

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