

Sarum Pause for Reflection

Standing



*"Be steadfast, immovable, always abounding in the work of the Lord."
1 Corinthians 15:58*

Reflection

This picture was sent to me by friend taken on a walk in Windsor Great Park. A noble tree, fair and green standing, waiting, holding.

I was reminded by the words of advice from a spiritual mentor, who reminded me of the importance of the work of listening. 'we take the situation we are in' she said, 'and hold it in courage, not being beaten down by it'.

The words have come back to me in recent days when there seems to be so much concern and uncertainty and anxiety. How do we stand and hold and wait in the hopeful expectation that things will work out in time. This is spiritual work that we can all participate in for one another.

Action

Spend some time reflecting on you present situation – its blessings and challenges. Name those things which you need to listen to. Take courage in waiting and hoping in the longer view.

Prayer

After you have read Psalm 23

Wise and loving
shepherd, guiding your people
in the ways of your truth,
leading us through the waters
of baptism, and nourishing us
with the food of eternal life,
keep us in your mercy, and so
guide us through the perils of
evil and depth, that we may
know your joy at the heart of
all things, both now and for
ever. Amen

Jim Cotter