

Sarum Pause for Reflection

Patience



Rejoice in hope, be patient in tribulation, be constant in prayer. Romans 12:12

Reflection

How quickly this season changes— I wonder if you have been aware of the dawn and the breaking light? It has had its effect on nature—this year the magnolias— after patiently seeing their buds burst into life and colour. Sometimes the waiting bears fruit.

Patience is often tested and especially in these days. It is a necessary virtue that allows people to change and situations to evolve and work themselves out. We know that time must eventually pass and that successive crises have been lived through before both globally and personally. Patience helps us to keep things in proportion – and even enables us to have a sense of

the ridiculous! It is one of those virtues that enables us to be open to surprises and ready for risks.

Action

Consider getting yourself a small notebook and making it your prayer diary. Write down the people, the situations or the ‘things’ in life or our world that require the gift of patience.

Prayer

Lord, I can't move. I can't sit still or stand. I can't breathe. I am anxious and it feels as if everything's falling apart inside me and around me. Sometimes I just don't know what to do.

Please wrap your arms around me and hold my life. Slow my racing heart. Clear my spinning head. I Calm my heart. Give me your patience to breathe through this moment and make it to the next.

Thank you for being a God of the moment, a God who cares, a God able to guard my heart and mind.

Amen