

Sarum Pause for Reflection: Love is ...



*God took our human nature upon him,
and moved into the field with us.
John 1:14*

*God is nearer to us than our very self.
(Julian of Norwich, 'A Revelation of Love'
Chapter 56)*

Prayer

God,
enthroned in might and majesty
and yet for ever one of us:

we worship You,
we adore You
– make us
more and more
like You
in all we think,
and speak,
and do.

Through Jesus Christ,
our Lord.

Amen

Reflection

God is so not like us! yet there is affinity – a likeness between us. Jesus is brother, buddy, soul-mate, as well as being the boss.

That strange closeness, that wonderful bond between each of us and the Spirit of God – it's such a mystery, and not just in the sense that Julian's metaphysics is complex. Why would the Almighty take any notice of me?!

It came to mind when I noticed two splendid Hereford bulls. They had been left in a field on their own, and for several minutes were mirroring each other's movements. That such large creatures, with a reputation for being fierce, can show such affection can be quite a surprise.

Action

This depends on having an icon – or a good reproduction. If you are lucky enough to have access to one, take time out to be as still in front of it as it is: just let your gaze rest on it ...