

Sarum Pause for Reflection: 'Be the best'



*God, my God, for You I long:
I thirst for You, I pine for You
like a dried-up weary land.
. Psalm 63:1*

*It is easier for us to come to know God than
to know ourselves: our being is set so deep in
God, ever in safe-keeping, that we cannot
understand ourselves until we know God ...
Nevertheless, I saw that we have an instinct
to be whole, and that teaches us to look in
the right place: in God.
(Julian of Norwich, 'A Revelation of Love'
Chapter 56)*

Prayer

Teach me, Master,
to look beyond the beautiful
things you make in this world,
and set my sights on You,
the Source, the Way, the End.

Amen

Reflection

No-one tells bees to make a bee-line for a thistle. They just 'know' where to go.

With most volunteers barred (why?) from working in the countryside, there are plenty of thistles around this summer. A few thistles in a nature reserve are a good thing: to attract pollinators. But they can take over a site. Normally, by this stage of the season, working-parties would have been removing excess thistles before they can seed.

Julian, like many of her contemporaries, takes it for granted that we humans naturally gravitate towards God: our Maker, and the big, round, bountiful thistle-head of our lives. When we make mistakes, as we all do, it is generally not by opting for evil, but because we go for second-best (something other than God) rather than The Best.

Action

Rhythmic exercise, such as push-ups against the furniture mentioned in a previous blog, can be a good time to pray by simply repeating the name of Jesus – or 'Lord Jesus Christ' or 'Lord Jesus Christ, Son of God, have mercy on me the sinner'. You may find that during a session the prayer changes to fewer or more words, as the Spirit moves you.