



Gilly's Quiet Garden

Inner strength
for the outer journey

New Life

Please note: the content of this reflection was written long before the Coronavirus struck, but much of it is very appropriate to the current situation

New Life: The winter passes and spring gives us signs of hope.

Read these words of scripture through slowly, deliberately, taking note of words which seem significant; you may like to write down any words which appear to 'jump out at you'.

Do you not know?
Have you not heard?
The LORD is the everlasting God,
the Creator of the ends of the earth.
He will not grow tired or weary,
and his understanding no one can fathom.
He gives strength to the weary
and increases the power of the weak.

Even youths grow tired and weary,
and young men stumble and fall;

but those who hope in the LORD
will renew their strength.
They will soar on wings like eagles;
they will run and not grow weary,
they will walk and not be faint

Isaiah 40: 28 – 31

Now do the same with this scripture...

Let us acknowledge the Lord;
let us press on to acknowledge him.
As surely as the sun rises,
he will appear;
he will come to us like the winter rains,
like the spring rains that water the earth

Hosea 6 v 3

Imagine holding some seeds in
the palm of your hand
The seeds are tiny, too tiny it seems
to be anything important or significant.



Yet the seeds contain
a surprise waiting to happen.

This seed is special.

It contains life waiting to break out.

It is precious and valuable.

It is a gift from God.

Like this seed, each of our lives is precious and special.

God has given each of us a life that is beyond price.

Like this seed, God planned each of our lives to become something
surprisingly more than we yet are or appear to be.

*Forgive us, Lord, when we don't recognise the small beginnings of
your work in us, or believe your surprising plans for our lives.*

**I encourage you to treat these reflections prayerfully,
taking time to consider the thoughts and questions within the
context of your own life. If you are in the habit of
keeping a journal do use that to help your responses.**



The kingdom of heaven is like a mustard seed...the smallest of seeds, but which, when it is grown, is the greatest of plants.

Matthew 13:31-32



Just as a seed or bulb needs a dark time and space to grow, God often uses the dark time we go through to make us stronger. He can teach us much about his grace during the winter experiences of our lives.

Think back over the past few months. What can you be thankful for that God has taught you? It may be that you or your loved ones have been going through very hard times and it takes an act of will to praise God.

He remains faithful under all circumstances -
even when we don't feel Him close to us.

You may like to write a prayer or poem to thank God for all he has given you, or to remind yourself what God has done for you. It can be a specific situation or just the fact that you are here and wanting to hear from him.

You may want to say sorry to God for not trusting Him enough.

Faithful One

Faithful one, so unchanging
Ageless one, you're my rock of peace
Lord of all I depend on you
I call out to you, again and again
I call out to you, again and again

You are my rock in times of trouble
You lift me up when I fall down
All through the storm
Your love is, the anchor
My hope is in You alone

Brian Doerksen

but you came

if you came in the spring,
we would expect newness,
bright yellow flowers
to soften your path,
the songs of birds
to herald your coming:

but you came in
winter's despair,
the chill of complacency
settled upon us.

if you came in the summer
we could expect you
to be bronzed,
blonde,
stepping from the sea:

but you came
in a stable,
a wrinkled baby
with animals as midwives,
and angels your playmates.

help us to set down
our parcels of expectations
to reach down and scoop
you up in our arms,

your laughing breath
giving us life.

Thom M Shuman