

THOUGHT FOR THE DAY – Friday 13th October 2023

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Tend the inner garden

As the days become shorter and darker, and various illness rise, and amid seeing the terrible suffering in Gaza, the West Bank and Israel, not to mention other parts of the world, it is so important to look after our inner being. This is our mental health, but also our emotional and spiritual selves. Not so that we ignore the bad stuff or do nothing about it, but so that we do not sink under the weight of it, which does not help us or anyone else.

The old mystics used to call this 'tending to our inner garden'. It's where we find rest, peace, order, inspiration. It is where you do not forget the good in the world. Jesus gave a good example to us, in that He often withdrew to lonely places to pray, often before or after major challenging and sometimes dispiriting events.

How will you tend your inner garden?