

THOUGHT FOR THE DAY: Wednesday 24th January 2024

By Revd Kit Gunasekera

For Presence

Awaken to the mystery of being here and enter the quiet immensity of your own presence.

Have joy and peace in the temple of your own senses.

Receive encouragement when new frontiers are broken.

Respond to the call of your gift and the courage to follow its path.

Let the flame of anger free you of all falsity.

May warmth of heart keep your presence aflame.

May anxiety never linger about you.

May your outer dignity mirror an inner dignity of soul.

Take time to celebrate the quiet miracles that seek no attention.

Be consoled in the secret symmetry of your soul.

May you experience each day as a sacred gift woven around the heart of wonder.

- John O'Donohue, *Benedictus* - A Book of Blessings

Implicit in the Greatest Commandment - '*You shall love the Lord your God with all your heart, and with all your soul, and with all your mind, and with all your strength.*' The second is this, '*You shall love your neighbour as yourself.*' - is the commandment to love our selves. Not in a narcissistic or selfish way, but in a way that is in concert with loving others and loving God. A starting point and a place to return to each day could be to know that we have been created in the image of a loving God, and therefore to ponder, as O'Donohue puts it on the "quiet immensity of your own presence."

BIBLE VERSES:

Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God?

- 1 Corinthians 6:9

I praise you because I am fearfully and wonderfully made; your works are wonderful, I

know that full well.

- Psalm 139:14