Thought for the day – Friday 2nd July 2021 By Revd John Ohen

One thing that stands out about Covid -19 (global pandemic) is that human life is fragile and can be noticeably short. So, we must do all we can to preserve and treasure It. Life is priceless, this is true today as it has always been since time immemorial. Although we can buy many things, anyone of us can be well today, but no one knows what tomorrow will bring. Someone we know can be perfectly healthy one day, and the next day he or she may be struck down with a life changing diagnosis or a victim of an accident. This is not to make us depressed or afraid but simply a sobering and salutary fact of life.

Last Friday Derek Chuavin was sentenced to twenty-two and half year's imprisonment for the death of George Floyd. Derek Chauvin before his sentence had a chance to make a statement to the court and what he said felt short of expectation. If only we can show love in all what we do, our world will be a better place for all of us.

The Bible is full of practical wisdom on how best we can live our lives. Matthew. (7. V 20). gave us a sound advice on how best to conduct our lives, that you will know them by their "fruit". Jesus meant the fruit of the Holy Spirit as spelt out by Paul in Galatians 5. 22 -23. However, the Fruit of the Holy Spirit is love, joy, peace, patience, kindness, faithfulness, gentleness, and self-control. These wonderful fruits of the spirit are unpacked further in 1. Corinthians 13: 4 -8. Love is patient and kind, love is not jealous or boastful, it is not arrogant or rude. If Derek Chauvin had done his job with Love and no sign of arrogance, with one leg kneeling on George Floyd's neck and one hand in his pocket, things would have been different. We all should do our job with love and respect for one another, and for human life.

This fruit, this work of the Holy Spirit within all of us is the standard by which we are invited to discern the work of God in the people we come up against day by day. Bad company can corrupt good people; therefore, we have an obligation to seek out the good ones by virtue of our vocation through the help of the Holy Spirit.

Bible passage: Matthew 7: 15 -20.

Prayer. Lord God, help me to do to my neighbour as I would want them to do to me. To love as Christ did. Amen.