

Thought for the Day – Tuesday 1st June 2021

By Rev Kit Gunasekera

Switch On

It is early morning, and I step outside.
Too often, I see an invisible blank wall. And hear nothing.
Except my thoughts which are racing.... wrestling with the latest problem, or fear, or with some irritation, and occasionally anger...
then I am reminded/ I hear the whisper - switch on.
I do so.
Suddenly I feel a breeze against my cheek.
I hear a chorus of beautiful singing birds....
I see three amazing roses starring back at me, saying hello.
I hear the wind rustle against the leaves, swaying, I see the grass joining in.
A squirrel leaps, one of my cats languidly glides across the grass in the sunlight,
then sits down, and looks at me, like only cats can, with love and mild contempt.
And I say thank you Lord.

Jill often says to me, Be present.

The problems, fears, grief, and anger we can sometimes feel, are very real, and cannot be switched off. But so are the healing that comes from nature, the joy that comes from animals and the love and wisdom of our loved ones, which surround us. We may just need to be reminded to switch on.

We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ. - 2 Corinthians 10:5

Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. - Philippians 4:8