

Thought for the Day – Thursday 28th October 2021

By Revd Kit Gunasekera

At God's table

Do you ever have difficulty focusing on God?

I often do! Even when I make space to spend time with Him, as I try to do each morning, I often find thoughts, inspired ideas, worries, things to do, rushing around my head!

I find it helpful to light a candle, to focus on that, to still my thoughts.

I also find icons helpful.

This icon is called Trinity - after Rublev by Meg Wroe, which was commissioned by our Diocese and blessed during Black History Month in 2018.



It depicts God the Trinity. At the table of fellowship, in a perfect relationship of inter dependent and mutual love with each other. And you will notice a space at the centre. That is for us and our neighbours. Through the work of Jesus,

we have been brought in.

Ephesians 2:18 says "For through him (Jesus) we both have access to the Father by one Spirit

Although Jesus flips this when He says in Revelation 3:20 "Here I am! I stand at the door and knock. If anyone hears my voice and opens the door, I will come in and eat with that person, and they with me.

He also says in John 14:23 "Jesus replied, "Anyone who loves me will obey my teaching. My Father will love them, and we will come to them and make our home with them.

For the purposes of this thought, it doesn't matter who is going where! The point is that in Christ, we all have a seat at this holy table of love. And so does our neighbours and creation. So let us not worry about those times when we cannot focus on God, we are at the table with Him, God focuses on us, and He listens to us. May we be encouraged and inspired by that.