

Thought for the day – Thursday 29th April 2021

Revd Kit Gunasekera

Which well do we draw from?

I was recently struck by this verse from Luke chapter 6, when Jesus says:

⁴⁵ A good man brings good things out of the good stored up in his heart, and an evil man brings evil things out of the evil stored up in his heart.

Perhaps its not so much a case of either being a good or an evil person, but that there is potential for good and evil in all of us. I found it helpful to think of there being two wells inside of us. One is the well of death - that of despair, hateful anger, finding reward, comfort or escapism in harmful things and the other the well of life, which chooses to trust God in hard times, face injustice with righteous anger, and to imbibe the fruit of the Spirit - love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. (Galatians 5:22-23)

We would all want to draw from the 2nd well, but perhaps we can find our selves in situations where we are drawing from the 1st. It can certainly feel more immediately rewarding and energising! But, there is the Voice which whispers to us, that is in fact harmful. May we ask our selves in those situations, which well am I drawing from? And may we choose the well of life.

The Psalmist, I think, resolves to do this in Psalm 43:5 - Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Saviour and my God.