

## Trust in God's loving care

Currently we have so many uncertainties in our lives - economic, social and health - that we are tempted to play God and depend on ourselves. But God invites us to do otherwise:

*Cease dwelling on things gone by, and brooding over past events,*

*Come close and look.*

*Here and now, I am doing something new.*

*It already merges over the horizon.*

*Don't you notice it?*

Isaiah 43:18-19

He is a God of new things and wants to make all things new for us. He wants to realign our hearts with His. He is calling us through the Scriptures to look to Him and not at our circumstances, to focus on our freedom and not on our current world events. He asks us to trust in him.

*Consider the birds in the air, they neither sow nor reap nor gather into barns and yet your heavenly father feeds them. Consider the lilies of the field, how they grow: they neither toil nor spin.*

Matthew 6:25-34

We can take hope in this message about how nature trusts in God's loving care. We are invited to be co-creators with God. The more we love nature in all its detail, the more we will want to care for it, because we care for who and what we love.

Pope Francis says: *If we approach nature without openness to awe and wonder, if we no longer speak the language of fraternity in our relationship with the world our attitude will be that of ruthless exploiters .... but if we feel intimately united with all that exists, then care will well up spontaneously in us.*

Reflection: Go outside. Find a leaf. Any leaf. Notice how flat and thin it is. Look closely at all its veins. Insignificant – maybe. Now reflect on its life journey and all the work it does so quietly ... water to the ground ... food for birds and insects ... shelter too for birds and insects ... provides oxygen - to name but a few. Hold it gently and lovingly. Give thanks for its giftedness to us.

### Prayer:

Grant me the ability to be alone.

May it be a custom to go outdoors each day among the trees and grasses, among all growing things.

And there may I be alone, and enter into prayer, to talk to the one I belong to.

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