

Reflection Tuesday Week 24 – 2023

If you were given the power to restore life, would you take it?

Believe it or not we all have the power to restore life, especially concerning the theme for this month focusing on Creation. If we protect our plants and promote new life, if we change what we do things and how we live, some plants thought lost will come back to life. So **yes**, we do have the power to allow creation to renew its life: by using less or no plastic, not waste our utilities, use LED lighting where possible, turn the heating down a notch, leave it on for less time each day. All these little things add up to the benefit of the planet. Then, like Jesus, we become instruments of life.

There are other ways we can bring life to people. By living in the way that St Paul asks of Timothy; our example will bring others to God and open their lives to the Holy Spirit who, if they allow the Spirit to work in them. will lead them to Christ and conversion.

Lord, make me an instrument of your healing:

where there is disappointment in a test or procedure, make me into a comfort;

where there is confusion at a diagnosis or treatment, make me into clarity;

where there is illness of any kind, make me into care and comfort;

where there is anguish in death, make me into hope;

where there is joy in new life, let me be a multiplier of that joy.

O Great Physician, grant that I may not so much seek

to be served as to serve

to be praised as to praise

to be loved as to love.

For it is in giving that we receive,

it is in healing that we are healed,

and it is in dying that we are born to eternal life.

Amen.