



Create a peaceful space to pause, and allow yourself to feel God's presence alongside you, as near to you as your own breath. In following the reflection below, as a church we will draw closer to God and to one another as we grow in faith and deepen our sense of belonging to God.

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### **Philippians 2:5-11 'Jesus' Humility'**

<sup>5</sup> Let the same mind be in you that was in  
Christ Jesus,  
<sup>6</sup> who, though he was in the form of God,  
did not regard equality with God  
as something to be exploited,  
<sup>7</sup> but emptied himself,  
taking the form of a slave,  
being born in human likeness.  
And being found in human form,  
<sup>8</sup> he humbled himself  
and became obedient to the point of  
death – even death on a cross.  
<sup>9</sup> Therefore God also highly exalted him  
and gave him the name  
that is above every name,  
<sup>10</sup> so that at the name of Jesus  
every knee should bend,  
in heaven and on earth and under the  
earth,  
<sup>11</sup> and every tongue should confess  
that Jesus Christ is Lord,  
to the glory of God the Father  
*and a classic Charles Wesley hymn:*

Give me the faith which can remove  
and sink the mountain to a plain;  
give me the childlike praying love,  
which longs to build thy house again;  
thy love, let it my heart o'erpower,  
and all my simple soul devour.  
I would the precious time redeem,  
and longer live for this alone:  
to spend, and to be spent, for them  
who have not yet my Saviour known;  
fully on these my mission prove,  
and only breathe, to breathe thy love.  
My talents, gifts, and graces, Lord,  
into thy blessèd hands receive;  
and let me live to preach thy word,  
and let me to thy glory live;  
my every sacred moment spend  
in publishing the sinners' friend.  
Enlarge, inflame, and fill my heart  
with boundless charity divine:  
so shall I all my strength exert,  
and love them with a zeal like thine;  
and lead them to thy open side,  
the sheep for whom their Shepherd died.

Whilst being at home for most of the last seven weeks, I have appreciated our small garden. Although I am a not a gardener, with such nice weather I have been reading and have taken up drawing again, after many years. I have watched plants and flowers come out and then die, and others take their place. This I have not appreciated so much in the past! Our lives will not be the same again, and in some respects for the better. The air we breathe is much cleaner and we can see and hear nature and wildlife.

The church at Philippi was probably the first on European soil. Paul was in prison and he thanked the church for the gift they sent. He sent the church encouragement and to be confident that they will endure their troubles. The passage above is probably a very early hymn and uses such clear and lovely language to tell the readers, and us, what the calling of Jesus was.

We know that life is slowly changing back. We have a part to play in the future, whether by action or prayer or both, which hopefully will lead to a reappraisal of the values of society, including for care workers and other key workers. The 'claps for carers' on Thursdays have been uplifting.

**Prayer:** *Try praying through the words of Charles Wesley's hymn, perhaps especially at this time, verses two and three.*