



"But ask the beasts, and they will teach you; the birds of the heavens, and they will tell you; or the bushes of the earth, and they will teach you; and the fish of the sea will declare to you. Who among all these does not know that the hand of the LORD has done this? In his hand is the life of every living thing and the breath of every human being."

Job 12:7-10

23 March Revd James Gibson

Lent2021

In these last months I have become particularly aware of my mortality. Much as I might like to think so, I am not invincible. The Coronavirus does not choose who it infects. I am a frail human being whose every breath is dependent on the miraculous functioning of my complex body.

I live in a privileged position that I can call on our amazing NHS to look after me, and hopefully fix me, when I am not functioning properly. However, this passage reminds me that however good the medical care and science my life, just as the lives of the 'beasts, ..birds, .. bushes, and fish' and all of creation, is totally in God's hands. I am dependent on Him for every breath. Every breath is a gift of life from Him.

So, it is important that we take time to look after this most amazing of gifts. Take to exercise, relax, eat, to sleep, to stop working... As we do so we not only keep well but we also care for God's very creation and world.

Take a moment to notice your breathing... Slowly and deeply breathe in the air that God gives to sustain you. Be amazed by the love and care that God shows you in each breath - in and out - and thank Him.

James Gibson, Holy Trinity, Hurdsfield

Information Point

The European Christian Environmental Network is a collaboration of churches across the continent working to highlight growing environmental risks and to work together for change.

<http://www.ecen.org/about-us>

A prayer

Dear Lord

In this moment, I thank you for the gift of every breath, filling me and sustaining me. Help me to be increasingly aware of how this gift comes from you, every breath...

Amen