

## Reflection for 29th June

*Every day, think as you wake up: "Today I am fortunate to have woken up. I am alive, I have a precious human life. I am not going to waste it." The Dalai Lama*

*May you experience each day as a sacred gift woven around the heart of wonder.*

Life is truly precious for it is a gift from God our Father and as we recognise this surely our hearts can turn to hallowing God for all that he has given us. The profound realisation of the very wonder that is a human being who lives and breathes and above all else has been given the unique capacity to love in response to the love shown to us by God is surely the most powerful reason of all to give praise, to give thanks, to hallow all that is life, all that is God given.

John O'Donohue writes: 'Each life is clothed in raiment of spirit that secretly links it to everything else. Though suffering and chaos befall us, they can never quench that inner light of providence' What a wonderful thought as we dress each morning that we are also being dressed in the raiment of spirit given us by God who is the provider of all that is good, all that is true, all that is worthy of our praise, all that is hallowed. Whatever happens to us, whether our days are filled with joy and laughter or suffering and tears, the inner light of providence that is surely the Holy Spirit is **always** there for our protection, support, guidance and comfort so that we know ourselves to be held within the divine mystery and awesome wonder that is God. Do we wake every morning to an awareness of the sanctity of life, to the sanctity of each moment and ,in such awareness use our talents, our gifts to the glory of God and in so doing discover how truly precious our God given lives are?

*Loving Lord, Creator of all that is wonderful, all that is glorious, all that is holy, may we know ourselves daily to be clothed in the Spirit of your love for us and live each day in praise and thanksgiving for all your blessings which are so liberally poured out upon us. Amen*