

Spend time with Dame Julian of Norwich

The English mystics remind us to see God's presence in everyday life. In our busy world, it's easy to forget this. They don't offer escape, but practical ways to live with an eternal perspective.

Read slowly and carefully through this meditation on the Universe by Dame Julian. Read it several times. How does it make you feel?



“He showed me a little thing, the size of a hazelnut, in the palm of my hand, and it was round as a ball. I looked at it with my mind's eye, and I thought, ‘What can this be?’

And answer came, ‘it is all that is made’. I marvelled that it could last, for I thought that it might have crumbled to nothing, it was so small.

And the answer came into my mind, ‘It lasts and ever shall because God loves it’. And all things have their being through the love of God.

“In this little thing, I saw three truths. The first is that God made it. The second is that God loves it. The third is that God looks after it.

“What is he indeed that is maker and lover and keeper? I cannot find words to tell. For until I am one with him, I can never have true rest or peace. I can never know it until I am held so close to him that there is nothing in between.”¹

When you have finished reading think about the 3 questions below.

¹ Dame Julian of Norwich in *Enfolded in Love* 1980 DLT p3

Three Questions for Reflection

1. Where do I glimpse eternity in my ordinary day?

- What small, overlooked things remind me of God's presence?

2. How does knowing that God made, loves, and keeps all things change my outlook?

- Does this truth bring peace, gratitude, or challenge?

3. What is one way I can live today with this perspective?

- E.g.: A simple act, prayer, or pause that aligns me with Divine reality.

If you have time read through Psalm 19 before you finish

End your time with prayer based on what you have been learning and experiencing.

