

LET THE WORDS YOU SPEAK ALWAYS BE FULL OF GRACE (COLOSSIANS 4:6)

A REFLECTION by Maria Ford - Education Officer: Spiritual Encounter and Music Ministry

Grace is a gift from God freely given. You don't make grace happen; God gives it to you.

How do we ensure that our words are full of grace?

Firstly, we start by reflecting upon our personal relationship with God. Do I spend time with God? In prayer, in nature, in liturgy, in silence? Wherever you most feel God's presence go to that place and spend time with God. Friendships need time. We need to be honest with God in our conversations. True, we do not agree with everything around us, but God is well able to hear our doubt, disbeliefs. God meets us where we are.

When we realise that God loves us more than we love ourselves, when we realise that God forgives us long before we forgive ourselves, we can start to deepen our relationship with God.

We can start to trust that God will be there to guide us, love us, accept us. As we ask God to be with us in our words, actions, thoughts, we begin to recognise the gifts, the graces God gives us daily.

God will never let us down. We may not understand all of God's ways, but God will never stop loving us.

In the song, 'And So' Kirtana sings: '

I learned to trust the tiny tender waves...

We can't trust the world of form...

But we can trust this flow of grace...

I go out on a limb ...

Its delicate and dangerous and beautiful ...

This quivering that's calling from within

May 2023 be a year of grace for all of us as we grow and deepen our relationship with God. May we be in awe of the moments of grace we experience and may our students be inspired to get to know God through their encounters with us