Quarantine Reflection 13.

My mum used to say "You can choose your friends but you can't choose your family" usually when one or another of my siblings or myself were complaining loudly about something one or more of the others may have done.

Staying connected to kith and kin has become seemingly more important the past few weeks. It got me to thinking how little contact I have with many of my family, how over time the days and weeks run into months and years. So once the wobbles of guilt had passed I thought how I still think of my family in Scotland and those thoughts are in some way still connections.

As we travel through life our connections change, we create our own families and as they grow they create their own family and we find and add new friends dependent on jobs and hobbies. Some of us will take friends with us through all of our lives. Some of us are just too busy and often without any intent lose contact with those who we once felt really connected to. We are, without realizing, connected to people we don't know just by loving and caring for people we do, for when their lives are affected by joy or sorrow it somehow feeds through to us and we, as

we do, for when their lives are affected by joy or sorrow it somehow feeds through to us and we, as friends or family, react accordingly to those we love and care for and there an invisible connection is created.

The one thing all faiths have in common is prayer and the very act of conversing with a higher being connects us and binds us together with hopefully mutual respect and understanding.

Christians will pray for loved ones daily in their daily chats with God, but very often we will pray for people we have never met but will do so because of a connection that we do have. When my oldest son had a road accident prayers for him went all round the world because the concern and prayers of those who did know him were shared with individuals' prayer connections. We share our joys and our sorrows; we share our hopes and concerns and our thanks with God every day and the likelihood is you are included in someone's prayers today. Those individual threads of prayer are woven together in a blanket of love, hope and care that connects us all whether we know each other or not we are connected through someone we know. But most of all the connection that binds us together the most is Jesus. Jesus tells us in John 15: 5 "I am the vine; you are the branches. If a man remains in me and I in him, he will bear much fruit; apart from me you can do nothing."

I and many Christians that you know are your connection to Jesus, let us be the branches that help you to connect to Jesus. Collectively we can bear much fruit.

Myself and my church family are praying daily, some of us more than once a day. Be assured that God is never too busy to hear our prayers.

I used to teach the youth club children a song called Prayer is Like a Telephone and in it, it says Prayer is like a telephone for us to talk to Jesus, pick it up and use it every day.

Pray without ceasing. - 1 Thessalonians 5:17

If you struggle: let myself or any person you know who is a Christian be your telephone exchange, we use our phone every day and would be happy to pray and include your prayers too.

Take Care, Stay safe, God Bless.

Behold, I stand at the door and knock. If anyone hears my voice and opens the door, I will come in to him and eat with him, and he with me. Revelation 3:20

