

# Moravian Women's Association

Devotional Paper

May 2014

## With a Little Help from my Friends

As I write this I am reflecting upon a very enjoyable, very inspiring birthday week. We are all aware of the years being measured by physical changes and these various milestones do afford us the opportunity to consider what the years have taught us. This learning process seem to happen insidiously, indeed whilst we are busy dealing with life itself, and on many occasions it involves either listening to a friend or being listened to. Whenever I visit my sister's home, I am constantly drawn towards a small frame containing a cross –stitched verse. It reads:

A friend is one to whom one may pour out the contents  
Of one's heart, chaff and grain together,  
Knowing that the gentlest of hands will take and sift it,  
Keep what is worth keeping and with a breathe of kindness,  
Blow the rest away.

George Eliot

What beautiful phrases! This analogy of chaff and grain is often used in the Bible. How often do we pour out the contents of our hearts and all the mixed emotions spill out in one jumbled mass? It often takes the patience of a friend to help unravel all the intricacies.

As I am surrounded by my birthday cards, I am reminded of the friends with whom I share experiences and, together we try to make sense of our earthly journey. People who have listened to me and “with the gentlest of hands” kept what was worth keeping.

The need to support each other is so important in modern life. Family units may be fragmented and the speed and diversity of 21<sup>st</sup> century living requires stability. A true personal friend can offer just that.

Supporting others has always been immensely important and with many people living disjointed lives in today's society, the need is even greater. How then are we able to be the kind of friend who is able to comfort and yet still keep the balance in our own lives? Re-charging our own battery is vital or we lose the ability to help anyone else.

Within our church family lies the means to re-charge and re – kindle our own flame. We need to nourish and strengthen our personal relationship with Jesus. The love and inspiration we find amongst fellow Christians is essential, as together we feel God's gentle arms uplifting us.

The recent Church Anniversary Service at Lower Wyke was a fine example of this togetherness - Christian hearts praying, singing and reminiscing in order to restore spirits.

The words of Hymn 348 in Mission praise echo this sentiment. Refer to it if you can.

### For Discussion

1. Has a particular service ever restored your spirits after a time of doubting or questioning?
2. What do you think of the information shared between young people on media websites such as face book and twitter?

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