

## Weekly Reflection: 7th Week in Easter - The Living Expression

Take a minutes from your busy day to pause and reflect on the word. This guided reflection was compiled and prepared by the Rev. Louise Howlett and read by Joe Rose. For more information on the Digital Mission beside to “Like” our Facebook Page: [facebook.com/digitalmissionNH](https://facebook.com/digitalmissionNH)

**Scripture:** [1 John 3:16-19](#)

Our reading this week is from the First Epistle of John.

We know love by this, that he laid down his life for us – and we ought to lay down our lives for one another. How does God’s love abide in anyone who has the world’s goods and sees a brother or sister in need and yet refuses help? Little children, let us love, not in word or speech, but in truth and action.

**Reflection:** From Mother Theresa

“We know only too well that what we are doing is nothing more than a drop in the **ocean**. But if the drop were not there, the ocean would be missing something.”

“Never **worry** about numbers. Help one person at a time and always start with the person nearest you.”

“I am not sure exactly what **heaven** will be like, but I know that when we die and it comes time for God to judge us, he will not ask,

‘How many good things have you done in your life?’ rather he will ask, ‘How much love did you put into what you did?’”

“Let no one ever come to you without leaving better and **happier**. Be the living expression of God’s kindness: kindness in your face, kindness in your eyes, **kindness** in your smile.”

### Questions for further reflection:

When has a caring word or **kind** smile lifted you, given you hope and faith in a hard time?

Have you ever **acted in love** even when you didn't feel like it? Was it still meaningful?

In a time of division and isolation, what are some ways you have found to **give love to others**?

Is Jesus' command for the sake of others, or is it also for us?

### Prayer:

O God, whose Son Jesus is the good shepherd of your people: Grant that when we hear his voice we may know him who calls us each by name, and follow where he leads; who, with you and the Holy Spirit, lives and reigns, one God, for ever and ever. *Amen.*

### Credits:

Reflection: The Rev. Louise Howlett

Prayer (audio): Joe Rose

Production: The Rev. Colin Chapman (with special thanks to AshelyJane Boots)

Music: Palestrina - Sanctus / Osanna I / Benedictus / Osanna II - Missa Sicut liliun inter spinas by The Tudor Consort

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