

## Friday 15 January 2021

Today is Friday 15 January, in the First Week of Ordinary Time.

Ladysmith Black Mambazo sing: 'You will make my heart pure'. A pure heart is a heart that is open to God, that doesn't seek its own advantage, but wants whatever God wants. As I enter into prayer today, I ask for that openness of heart. I ask the Lord to lead my heart to him, to guide me in the way he wants me to go.

Today's reading is from the letter to the Hebrews.

Hebrews 4: 1-5, 11

Therefore, while the promise of entering his rest is still open, let us take care that none of you should seem to have failed to reach it. For indeed the good news came to us just as to them; but the message they heard did not benefit them, because they were not united by faith with those who listened. For we who have believed enter that rest, just as God has said, "As in my anger I swore, 'They shall not enter my rest,'" though his works were finished at the foundation of the world. For in one place it speaks about the seventh day as follows, "And God rested on the seventh day from all his works." And again in this place it says, "They shall not enter my rest." Let us therefore make every effort to enter that rest, so that no one may fall through such disobedience as theirs.

You might have made a promise, or a new year's resolution a couple of weeks ago. Have you still kept it?

While campaigns and action ideas come and go, God's promise never lapses. God's love is eternal. And oh so necessary to know in our world today. Can I open my heart to this promise? Can I think of people I know who need to hear God's promise?

As you listen to the reading again, hear the promise of God. The promise of the place of rest.

It is, as the Irish prayer says, when we are held in the palm of God's hand, we will find rest. So can you make this your reflection now. Feel yourself today, in the palm of God's hand. Feel the



care, the support, the love and the listening ear. Place yourself in God's loving hands.

Glory be to the Father and to the Son and to the Holy Spirit. As it was in the beginning, is now and ever shall be, world without end. Amen.