

## Meditation

### *ALLELUIA! ALLELUIA!*

As we settle to reflect and meditate lets take this thought to heart:

"How great is the love is the Father has lavished on us" 1John 3:1

Some may think it boring to regularly take the same walk, most days. The joy for me, especially in this season, is in seeing something new emerging from the earth each day.

The clouds drift across the skies, the hue of the trees and hills constantly changing, with occasional rain showers, bringing delicious refreshment. In those minutes I pray, fervently to our Lord, with heartfelt thanks.

I am thrilled and awed by all I see and find myself overflowing with praise and joy to our maker, the God of Creation. His lavish love that shows it's self so lushly in the all the many shades of green, yellow, blue and purple in the trees, grasses, hedgerows, fields and sky. Breezes, movement and scents. Glorious!

'How great is the love the Father has lavished on us' 1John 3:1

On this particular day I return home to the kitchen and turn on Radio 3. Instantly I am amazed and delighted to hear Petroc Trelawny introduce The City of London Choir with St. Paul's Girls School Choir singing, Holst's 'Praise the Lord'. Based on Psalm. 148.

The words and music mirroring my feelings. Once again I am glorying in the richness, splendour and beauty that surrounds us.

Hearing the chorus of voices carrying in the words and music, scenes of the seasons, seas, storms and tides. Each verse delivering a vivid picture.

" Waves rolling in on every shore  
Ye torrents rushing from the hills"

Choir /Hymn (Holst)

Cascades, lakes and butterflies. Full of praise and wonder of of God's Creation.

I feel overwhelmed by my experience and the performance.

“Lightening and hail, snow and winds that do His bidding.  
Fruit trees and cedars, wild animals and cattle.  
A horn for the people close to His heart.  
Praise the Lord! ”

*Psalm 148*

John wrote, as an eyewitness to Christ’s atoning gift of love. The sacrifice Christ, our Lord, made for the sin of the world.  
If we claim Jesus as our Saviour, we must aim to be like Him. We must love as He loves.

‘We have come to know Him if we obey His commands’ *1John 2:3*

As we come to understand and accept His generous love lavished on us, we begin to walk in the light of that knowledge and love. We are loved and look to love others with the same generosity.

“But if we walk in the light, as He is in the light, we have fellowship with one with another” *1John 1:7*

“We should be called the children of God! That is what we are! ” *1John 3:1*

“Those who obey His commands live in him and He in them. And this how we know it by the Spirit He gave us ” *1John.3:23/24*

The music of the choirs starts light and gentle, full of praise.  
it follows the various season’s stories, voices rising, pure and with greater strength and volume building into a riotous crescendo of glorious, joyful,

*Alleluia’s !!*

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