

## COME LORD, FILL ME AGAIN!

A few weeks ago, in our meditation session, we heard of Mother Teresa and how each day, late in the evening, after a day spent caring for the dying and destitute on the streets of Calcutta, she meditated. She explained that she meditated on the emptiness within her, and how she came to God to be refilled with His love so that she had love to pour into those to whom she would minister the following day.

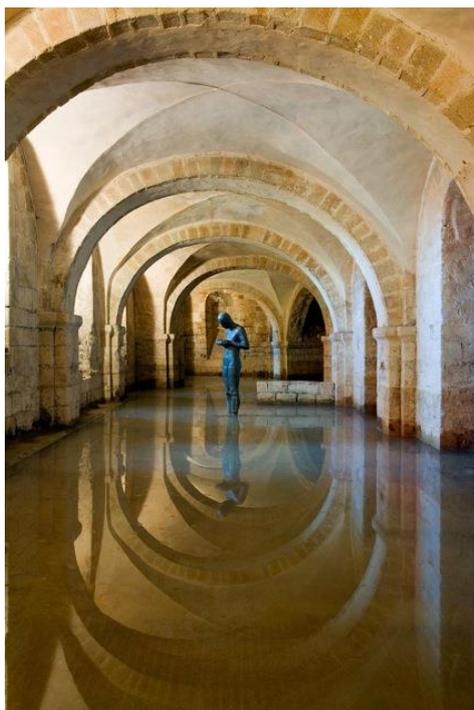
I found this so powerful and have continued to contemplate on being empty – for whatever reason – drained by anxiety, feeling worthless, trying to help people, feeling one had nothing left to give ... but the amazing thing is that we return as empty vessels, time and again, to our Lord and he constantly refills us with the gift of his love.

As I thought about this I could not get out of my mind a song from the 1970s - John Denver's, Annie's Song - a love song to his first wife.

You fill up my senses  
Like a night in a forest  
Like the mountains in springtime  
Like a walk in the rain  
Like a storm in the desert  
Like a sleepy blue ocean  
You fill up my senses  
Come fill me again

It may seem irreverent to reference a popular song about love but the description of the intensity of love and the invigoration it brings is like a prayer – a fitting acknowledgement of our relationship with God. The lyrics can become a mantra as we ask God to replenish us with his love - Come fill me again.

As I have thought about being refilled with God's love a picture of a beautiful and moving sculpture has come to mind, Sound II by Antony Gormley which stands in the crypt of Winchester Cathedral.



When the crypt floods, as it often does, the water creeps up the legs of the life-size figure of the man depicted there. The bowl which the man holds in his cupped hands, fills with water and the metal man continues to gaze, unperturbed, at this outpouring of water.

In John 7,37-38 we read

**“Out of his heart shall flow rivers of living water.”**

and John 4, 13-14,

**“Whoever drinks the water I give him will never thirst. Indeed, the water I give him will become in him a fount of water springing up to eternal life.”**



In these strange and challenging times it is good to reflect that our spirits can be replenished, refilled and reinvigorated by Jesus’s life-giving water and his gifts of love and hope.

May we sing, together in spirit -

**Spirit of the living God  
Fall afresh on me  
Spirit of the living God  
Fall afresh on me  
Melt me, mould me,  
Fill me, use me.  
Spirit of the living God  
Fall afresh on me**

May God Bless you and keep you safe