



“And then he showed me a little thing, the size of a hazelnut, in the palm of my hand – and it was round as a ball. I looked at it with my mind’s eye and I thought: ‘What can this be?’ And answer came: ‘It is all that is made.’ I marveled that it could last, for I thought it might have crumbled to nothing, it was so small. And the answer came into my mind: ‘It lasts, and ever shall, because God loves it.’ And so all things have being through the love of God.

In this little thing I saw three truths. The first is that God made it. The second is that God loves it. And the third is that God looks after it.

We need to know how small creation is, and to count all things that are made as nothing, if we are to love and have God who is not created. For this is the reason we are not at rest in heart and soul – that here we seek rest in things that are so little there is no rest in them – and we do not know our God who is all-mighty, all-wise, and all-good. For he is true rest.

God’s will is that we know him, and it rejoices him when we rest in him. For all that is less than him cannot satisfy us.

‘God, of your goodness, give me yourself, for you are enough for me. There is nothing less I can ask that is worthy of you, and if I ask for anything less I shall be always lacking, for only in you I have all.’

For his goodness encompasses all his creatures, and all his blessed works. He has made us for himself alone, and has restored us by his blessed passion, and keeps us in his blessed love. And he does all this through his goodness.”

(Julian of Norwich in “All Shall be Well” abridged and arranged by Sheila Upjohn)