



Once upon a time, about 600 years ago, there was a woman named Julian who asked God to help her understand how much He loved her, and to help her love Him back with all her heart. God answered her prayer and gave her some special pictures to help her understand how much He loved her.

In one of the pictures, God showed her something small and round, the size of a hazelnut or an acorn, in the palm of her hand. She looked at it and wondered, “What is it?” And God told her, “It is the whole universe – the world and the stars and everything.” She was surprised that it could last, because it was so small that it looked like it might just break or roll away. God told her, “It lasts, and always will, because God loves it.”

God gave Julian this picture to help her understand three very important things. The first is that God made the world (and you!) The second is that God loves the world (and you!) And the third is that God looks after the world (and you!)

God helped Julian understand that we need to know how small everything is, and that it exists because God loves it. When we think that toys and friends and other things in the world makes us happy and safe, we get scared because somewhere deep down we know that all those things can change. Toys break and friends move away and none of them really make us happy for very long, even though they’re lots of fun for a while. But when we remember that God made us and God loves us and God looks after us, it helps us not be scared. We – and everything in the world – are teeny tiny compared to God, just like the hazelnut in your hand is teeny tiny compared to you. But God never lets go of you. He made you and He loves you and He will look after you forever. So, if you like, you can keep this hazelnut in your coat pocket and every time you put your hand in your pocket, you can remember that God made you, God loves you, and God looks after you and the whole world.