

Below is this week's Sunday reflection from Revd Tim.

Dear all,

a different subject to the talk in our main service for the week at Sibton Abbey, but fitting in with one of the readings for the day. I hope all is well with you — stay cool in the coming warm weather!

All blessings,
Tim

Colossians 1:15-28

¹⁵ The Son is the image of the invisible God, the firstborn over all creation. ¹⁶ For in him all things were created: things in heaven and on earth, visible and invisible, whether thrones or powers or rulers or authorities; all things have been created through him and for him. ¹⁷ He is before all things, and in him all things hold together. ¹⁸ And he is the head of the body, the church; he is the beginning and the firstborn from among the dead, so that in everything he might have the supremacy. ¹⁹ For God was pleased to have all his fullness dwell in him, ²⁰ and through him to reconcile to himself all things, whether things on earth or things in heaven, by making peace through his blood, shed on the cross.

²¹ Once you were alienated from God and were enemies in your minds because of^[a] your evil behavior. ²² But now he has reconciled you by Christ's physical body through death to present you holy in his sight, without blemish and free from accusation— ²³ if you continue in your faith, established and firm, and do not move from the hope held out in the gospel. This is the gospel that you heard and that has been proclaimed to every creature under heaven, and of which I, Paul, have become a servant.

²⁴ Now I rejoice in what I am suffering for you, and I fill up in my flesh what is still lacking in regard to Christ's afflictions, for the sake of his body, which is the church. ²⁵ I have become its servant by the commission God gave me to present to you the word of God in its fullness— ²⁶ the mystery that has been kept hidden for ages and generations, but is now disclosed to the Lord's people. ²⁷ To them God has chosen to make known among the Gentiles the glorious riches of this mystery, which is Christ in you, the hope of glory.

²⁸ He is the one we proclaim, admonishing and teaching everyone with all wisdom, so that we may present everyone fully mature in Christ.

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The cell membranes of all animals contain a small protein compound called laminin. This is there (in part) to stick cells together. Animals require this molecule to live. It is sort of cross shaped. This cross-shape helps it to reach across and bind together.

It is also a great illustration for Christ. Christ is quietly everywhere, binding together the world. This is clearly how St Paul sees Christ — at one time he had violently rejected Jesus as God's anointed. Now, in his writing he sees that Christ is before all things, and in him all things hold together.

I wonder what that means for you? For me this is one of those statements like John's (1 Jn 4) — 'God is love.' There is so much hurt, so much reason to distrust, or to 'look out for number one'. But actually love is better. When we see God's love at the heart of all things we find everything to have meaning, to be *coherent* — to hold together. All the love you have known, ever given, ever witnessed and ever yearned for is from God, and is an image of God. God's love allows us to live and gives meaning to our life.

This week, why not look out for small ways in which you see Christ binding things together?

Blessings, Tim.

