



THINK ON THESE THINGS..... (our contributor this morning is Brian Eyles)

Reading: Genesis Ch 4: 6 - 9

Then the Lord said to Cain, 'Why are you so angry? Why that scowl on your face? If you had done the right thing, you would be smiling: but you have done evil, sin is crouching at your door. It wants to rule you but you must overcome it'. Then Cain said to his brother Abel ' Let's go out in the fields.' When they were out in the fields, Cain turned on his brother and killed him. The Lord asked Cain, 'Where is your brother Abel?' He answered , 'I don't know. Am I supposed to take care of my brother?'

Reflection:

Many of us who live alone are discovering new ways of relieving the isolation. As we clap outside our doors on Thursday evenings we may make friends with neighbours we never knew. Living alone may be helped by social media or using Skype.

However, the story of Cain and Abel reminds us that the lock down can be a deep and dark problem for those of us forced to live closer and more intimately with others. Sadly there is an increase in domestic violence and mental ill health. "I must ring off. My partner is coming upstairs". Such an abrupt end to a Helpline phone call may suggest a pressure cooker situation when two people cannot escape from each other.

After the pressure cooker relationship between Cain and Abel exploded, Cain tries to justify himself, ' Am I supposed to take care of my brother?' he asks. In the story the Lord goes on to tell Cain he will be under a gruesome curse. But we want to reply, 'Yes, you are supposed to take care of your brother'.

There are no software applications or newly discovered vaccines that will help us deal with the kind of powerful feelings that gripped Cain. We simply have to listen to Jesus' words, especially in Matthew Ch 5, obey them, and trust the Holy Spirit will give us the grace to forgive, care, and pray for one another.

Breath-Prayer for Today: Lord in your caring love for each one of us grant your grace to be patient and understanding with others, near and far.