

Smile

On the wall in our motherhouse dining room we have a small plaque. It is very colourful with a smiling sun in one corner and a happy girl clutching a large daisy in one hand and a watering can in the other. It is a picture of a blissful summer's day. Written on it are the words, "Did the sun come out or did you smile at me?"

First thing, on a cold, dark and wintry morning, as we silently and hastily crunch our cereal, it is not so easy to smile! Come to that, it is sometimes not so easy on a light summer morning either. We improve as the day goes on!

Yet a smile can mean so much. It is saying, "I care about you, you are special." It may encourage and convey understanding and reassurance. It is sometimes our nearest and dearest that are most in need of a smile. This is the heart of all that we believe as Christians. The Lord Jesus smiles on each of us. This is where it all begins. He prayed the night before he died for those who in the future would believe in him "that the love you (the Father) have for me may be in them". A sincere smile comes from a loving heart.

What gets in the way of something so simple? We can think of a few things. There is a spirit of grumbling reigning inside, self pity and the old enemy anxiety making us uptight and drawn. The good news is that Jesus also prayed that he himself would be within us. He can deal with the negatives even at breakfast.

Like you we are still learning. The sun will come out in someone's life if you smile at them today.



I care about you – you are special