

Change

Silent Reflections 30 September 2025



pexels.com/photos/691067/i-brahim-hakki-ucman

There is one thing that is guaranteed to be happening right now as I type these words and that is Change. We often do not want to acknowledge change as it is seen to be difficult because we are not in control. It is a constant that shapes our being and pushes our adaptations and evolutions. It happens to us individually, in groups, or to the world.

Here are some of the things that are changing.

Time, the position of my hands on my keyboard, I am getting older. The blood is moving round my body, cells are dying and being made. Summer is moving into Autumn. What I can see out of the window is constantly moving, changing, altering. My feelings on how this reflection is forming, working.

Try thinking about what is changing for you? In small ways and big ways? How do you feel?

“change is not a detour—it’s the path.” (1)

In all of this the one thing that does not change is GOD, always there, wanting to be in relationship with us.

God does not leave us alone in this constant change, he wants to change us, to challenge us. He sent Jesus to preach change and make the sacrifice on the cross so we would not be afraid.

Where do we find help with change (or lack of it!) in the bible? Here are some quotations, all of them from the NIV translation:

Hebrews 13:8

Jesus Christ is the same yesterday and today and forever.

Ephesians 4:22-24

You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; to be made new in the attitude of your minds; and to put on the new self, created to be like God in true righteousness and holiness.

2 Corinthians 5:17

Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!

Colossians 3:8-10 NIV

But now you must rid yourselves of all such things as these: anger, rage, malice, slander and filthy language from your lips. Do not lie to each other, since you have taken off your old self with its practices and have put on the new self, which is being renewed in knowledge in the image of its Creator.

2 Corinthians 4:16-18

Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day. For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. So we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal.

1 Corinthians 15:51-52 NIV

Listen, I tell you a mystery: We will not all sleep, but we will all be changed- in a flash, in the twinkling of an eye, at the last trumpet. For the trumpet will sound, the dead will be raised imperishable, and we will be changed.

1 John 1:9

If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.

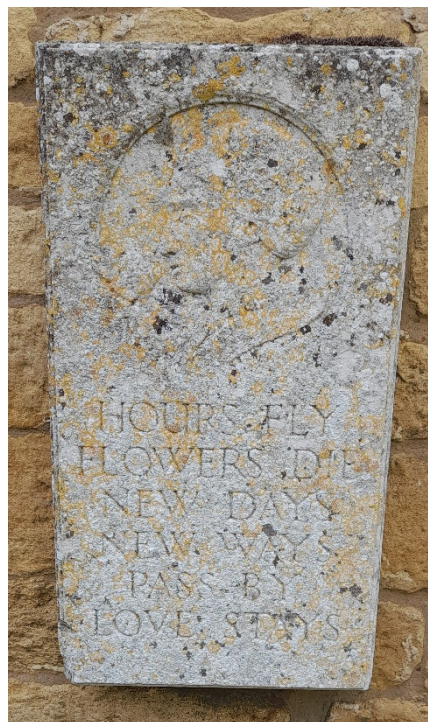
Other quotations you may like to look up are:

- Jeremiah 29:11
- Malachi 3:6
- Deuteronomy 31:6
- Joshua 1:9
- Romans 12:1-2
- Philippians 4:6-7
- James 1:17
- Proverbs 18:15
- 2 Peter 3:9
- 2 Timothy 3:16-17

What thoughts or words come to mind as you read these passages. Are there any that grab your attention. Sit with those, what are they saying to you, do they have resonance with what is going on in your experience of everyday? Maybe take a verse and write it out, draw round it as response. Link these together?

God is Alongside, with Hope, offering us, Renewal, wanting us to have Peace.

If you walk the labyrinth tonight or follow a printed labyrinth with your finger. How does that change? How do you feel as you go on the Path?



Inscription found at Snowhill Manor

Poems about Change:

"The Unseen Path" by Hafiz

Let go of fear and resistance,
Embrace the path that lies unseen.
Traverse the depths of your soul,
Where transformation begins to gleam.

Release your tight grasp on control,
And surrender to the ebb and flow.
Discover the beauty in surrender,
And the seeds of change shall grow.

"The Caterpillar's Metamorphosis" by Rumi

The caterpillar spoke:

**I'm done with being a caterpillar,
I'm tired of crawling on the ground.
I long to soar high in the sky
And leave this earthly mound.**

The butterfly replied:

**But, dear friend, you must understand,
To become a butterfly, you'll change.
In the darkness of your cocoon,
Your form will rearrange.**

The caterpillar asked:

**Is it worth the pain and sacrifice?
To let go of all I've ever known?
To embrace the unknown and transform?
Tell me, is it really shown?**

The butterfly answered:

**In time, you'll see the truth unfold,
That change is where true freedom lies.
From your confinement, wings will sprout,
And you'll dance beneath the skies.**

You could also try finding the following poems.

The Journey – Mary Oliver

When Giving Is All We Have - Alberto Ríos

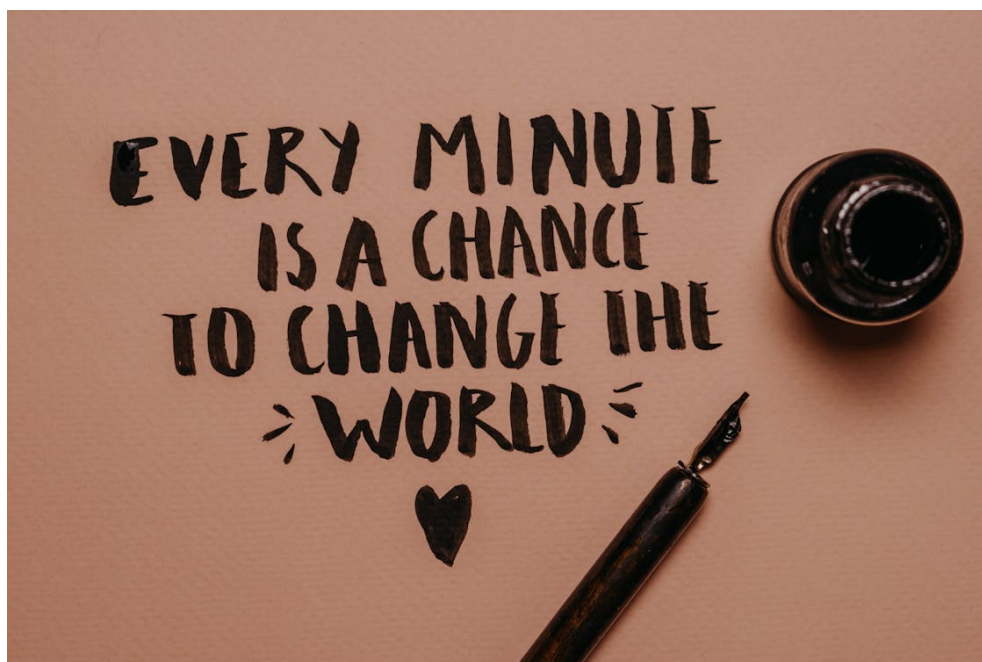
The Road Not Taken by Robert Frost

A Dream Deferred by Langston Hughes

To end with one of the Collects used in the Compline Service as we meet at night and it again talks about change.

Be present, O merciful God,
and protect us through the silent hours of this night,
so that we who are wearied by the changes and chances of this fleeting world,
may rest upon your eternal changelessness;
through Jesus Christ our Lord

Amen



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(1) [Poems About Change and Growth – ALONG THE BARREN ROAD](#) – Justin Farley
website accessed 17/09/2025.