

(Written when the two metre rule was introduced during the Covid pandemic.)

We are getting closer. Two metres, one metre. I would think that almost everyone in England can now estimate a distance of two metres!

We fix certain distances in our heads. I have three measurements of distance. The quick race on Sports Day was one hundred yards. The distance from the pub, in the centre of the village where I lived, to the crossroads where the next village began, was one mile. From our house to the nearest shop in Ashbourne and to my senior school, is five miles. I would say that I am excellent at knowing the length of five miles because I have biked it dozens of times. As there was no bus service I would travel on my bike on a Saturday morning when going to a tennis or hockey match. I would have my games kit in a bag on one handlebar, try to hold my music case for the afternoon's lesson on the other handlebar and my tennis racket or hockey stick was balanced across both handlebars. It made for quite a wobbly journey along those narrow lanes, but yes, I can estimate very accurately a distance of five miles! Have you noticed that we measure long distances by time? We say things like, '...a two hour car journey', '...a four hour flight'.



Aren't we strange people!

Distance can also be a measure of our relationships with other people. If we have been very hurt by a bereavement, a divorce or something that someone has said or done, then we back off from allowing ourselves to love deeply and build a wall round our emotions. The problem though with having that wall is that as well as stopping us letting our love flow out, the wall also prevents the love from coming in. Sometimes we drop our guard and allow ourselves to love again but there is always that thought at the back of our minds about being hurt again, so maybe we knock a hole in the wall for a while but very quickly build it back up again if there is any sign of our getting hurt again. We keep our distance in order to protect ourselves.



I was thinking that the way we distance ourselves in our relationships, whether it be family, friends or others with whom we come into contact, is to a certain extent how we also distance ourselves from God. If we find it hard to love and trust people we can see, then it is often even more difficult to love and trust a God whom we are not able to see. God wants us all to have a close relationship with Himself. It is not His wish that we 'social distance' from Him, whether it be two metres, five miles or..... God's position never changes so if we go further away from Him then it is we who have moved. He loves us deeply and never builds a wall round Himself so He is **ALWAYS** accessible.

Questions for you to think about:-



Do you hold back on your emotions because you have been hurt? If so ask God to help you to overcome that hurt to enable you to build closer relationships with other people.

Do you feel that you are a distance away from God and would like to get closer? Give Him your time and He will help you to do that.