



Advent Daily Reflections
December 17, 2024

Listen to the Advent Podcast [here](#), and through [Spotify](#) or [Apple](#).

Today's reading is from Julian of Norwich:

Our Lord showed me a spiritual vision of his familiar love. I saw that for us he is everything that is good and comforting and helpful. He is our clothing, wrapping and enveloping us for love, embracing us and guiding us in all things, hanging about us in tender love, so that he can never leave us. And so in this vision, as I understand it, I saw truly that he is everything that is good for us.

Today's Reflection is by Keisha Lightbourne:

In James 1:17 it says: "Every good and perfect gift is from above." Julian of Norwich, in this showing or vision, is speaking this fundamental truth: God is the ultimate provider. One of God's ancient names that we see in Psalms is Jehovah Jireh or God the Provider.

I think of Maslow's Hierarchy of Needs. Maslow proposed that human beings possess two sets of needs: deficiency needs and growth needs. Maslow goes on to state that if our deficiency needs are not first met, we cannot concentrate on our growth needs. Things on the lower tiers of the hierarchy are to meet your deficiency needs things like food, water, shelter, sleep, clothing, health, personal security, etc. All the things we need to survive. It is only when our physiological needs are met (or our deficiency needs) that we can focus on self-actualizing or growth needs like love, sense of connection, creativity, morality, inner potential, etc.

And so being our Creator, God has this perfect insight that we need the basics before we can reach our full potential. God provides so that we can reach our full potential. Consider the passages from Matthew 6:25-34 or Luke 12:22-32 where Jesus reminds his disciples not to be

anxious about food or clothing for God will provide these things for us. Jesus reminds us that birds neither reap nor sow, yet food is provided to them. And how much more valuable are you? Will God not provide for you also? Jesus goes on to say that life is more than these basic things and if we seek first the kingdom of God all this and more will be added to your life.

When God provides it is for the purpose of keeping us safe from harm but also so that we can focus on reaching the potential that each of us has to make this world a better place for the glory of God. God clothes us physically and feeds us physically and by doing so wraps us in love and prods us towards the spiritual growth needed to share our gifts with others. God is everything that is good for us. Staying close to God's goodness, having faith in God's goodness, propels us towards a better understanding of God and ourselves.

I pray that this Advent season you are reminded how God is everything good for you. May God continue to wrap you in love, guide you in all things, hang about you in tender love, and never leave you. Amen.



Keisha Lightbourne is a native New Yorker. Who stumbled upon the best little church in Brooklyn in 2017. She is an avid knitter and reader when she is not working to improve processes at SUNY Downstate.