

All Will Be Well

Julian of Norwich

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DAY ONE

MY DAY BEGINS

And God showed me a little thing,
in the palm of my hand,
round like a ball,
no bigger than a hazelnut.

I gazed at it, puzzling at what it might be.

And God said to me,
“It is all of creation.”

I was amazed that it could last
and did not suddenly disintegrate
and fall into nothingness,
for it was so tiny.

And again God spoke to me,
“It lasts, both now and forever,
because I cherish it.”

And I understood that everything has its being
owing to God's care and love.

We need to realize the insignificance of creation
and see it for the emptiness it is
before we can embrace the uncreated God in love.

We will find no rest for our heart or spirit
as long as we seek it in insignificant things,
which cannot satisfy us,
rather than in God,
who is omnipotent, omniscient, and beneficent.

He is our true repose.

And he desires to be known,
and is pleased that we should rest in him.
For nothing less than him can satisfy us.

We cannot rest
until we are detached from all that is created.

When we have done so
for love of God who is all,
only then are we able to enjoy spiritual rest.

ALL THROUGH THE DAY

Nothing less than God can satisfy us.

MY DAY IS ENDING

Take the image of the hazelnut.
What incidents in your life today seem as small and
insignificant as this hazelnut?

Imagine feeling God's concern and love for you
in these small things.

What small things distracted you
from the experience of God's love today?
When did you remember to rest in God today?

NIGHT PRAYER

Out of your goodness, Lord, give me yourself,
for you are sufficient for me, and I can ask
for nothing less that can render you full worship.
And if I ask for anything less, I am constantly lacking;
only in you do I possess everything.

DAY TWO

MY DAY BEGINS

For just as our bodies are clothed in garments,
our flesh enclosed by our skin,
our bones wrapped in flesh,
our hearts centered in our body;
so are we, spirit and flesh,
clothed head to toe in the goodness of God.

But this metaphor hardly does justice,
for all these things will decline and wear out.

God's goodness, however, is everlasting,
and is incomparably nearer to us than our very flesh.
Our beloved wishes that our spirits might cling to him
with all our strength,
and never let go of his goodness.

No mere creature can ever imagine
just how dearly, sweetly, and tenderly
our Creator loves us.

So with his grace and aid,
let us spiritually rest in contemplation,
forever marveling
at the high, surpassing, single-minded,

immeasurable love
that our good Lord extends to us.
Doing so, we can dare ask our lover
for whatever we wish
because our wills naturally seek only God.
And God in turn desires only us.
And never can we stop
the desiring and longing
until he is ours in the fullness of bliss.
Above all else,
this fond gazing upon our Creator
makes us aware of our own insignificance,
fills us with awe and humility,
and with abounding love for our neighbor.

ALL THROUGH THE DAY

So are we, spirit and flesh, clothed head to toe,
in the goodness of God.

MY DAY IS ENDING

What was your humblest need today?
Did you sense God's presence there?
Remember this need and try to sense God's presence
and love there now.

How and when did you sense yourself clad and
enclosed in God's goodness today?

Spend a few moments now in contemplation:

God is adhering to you
and you in turn can adhere to God.

NIGHT PRAYER

Gentlest God, clasp me in your arms.
Show me your love for the least of me,
and inspire me in turn to such love
so that you become all my will,
all my love, and the fullness of my joy.

DAY THREE

MY DAY BEGINS

Our Lord desires
that our spirit be truly turned to gaze upon him
and upon all his glorious creation,
for it is exceedingly good.
And his judgments are sweet and comforting,
and bring our spirit to rest.
Thus, we turn from scrutinizing our own blind actions
toward the delightfulness of God.
For we consider some actions good
and others wrong,
but God does not look upon them so:
for God has made all things,
so all that is done
is in some way God's doing.
For it is easy to see
that the best actions are well done,
but the smallest actions also share this character,
because all things
have been accomplished

according to the nature and plan
ordered by God from the beginning.

No one acts but God.

God never changes his mind in anything,
and never will.

Nothing in creation
was unknown by him from the beginning.
All was set in order before anything was made.

Nothing will fail in its design,
for all is abundantly good.

So the Trinity is entirely pleased with all its works.

Behold, I am God.

Behold, I am in all things.

Behold, I accomplish all things.

Behold, I never withdraw my arms from my work.

Behold, I never fail to guide all things
toward the purpose for which I created them,
before time began,

with the strength, wisdom, and love,
with which I created all.

So how can anything go wrong?

ALL THROUGH THE DAY

Behold, I never withdraw my arms from my work.

MY DAY IS ENDING

Recall something today
that you thought went poorly at the time.
In your imagination, now picture it ultimately
going well, as it is in God's care.
Is there something from your past that you felt at one
time to be a failure? Can you now see that
God was working toward a good end?
What do you think failed for you today?
Take it to God in prayer.
Ask God to comfort you in the rightness of
what happened.
Be relaxed in this meditation;
don't push too hard. Let God comfort you.

NIGHT PRAYER

Most wonderful Lover.
Help me to see that you are God.
To see how you are in all things.
To have confidence that you do all things.
To trust that you never abandon your work.
Guide me and all creation to the end
you have ordained for us, before time began.
I have confidence you will do so