

I saw that for us God is everything that is good, comforting, and helpful. He is our clothing who wraps us up and holds us close for love..."

"And with this insight he also showed me a little thing, the size of a hazelnut, lying in the palm of my hand. It seemed to me as round as a ball. I gazed at it and thought, 'What can this be?' The answer came thus, 'It is everything that is made.' I marvelled how this could be, for it was so small it seemed it might fall suddenly into nothingness. Then I heard the answer, 'It lasts, and ever shall last, because God loves it. All things have their being in this way by the grace of God.'"

Revelations of Divine Love, Julian of Norwich



Choose a hazelnut and rest it in your hand.

Imagine—like Julian—that this is all that is made—
held in the palm of God's hand.