

# Contact & Connected

## *A Reflection on Contact Versus True Connection*

**Reflections** Prayer, Repentance and the Spiritual Life 27 December 2024

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On a serious note, I have just concluded writing my sermon (twenty minutes and no more) on family life for the coming Sunday. I kept to passages from the Old Testament, the Gospels, and the Epistles, but at the end of it, I realised it boils down to "connection" amongst the members of the family. My uncut sermon would feature the following thoughts in the abstract:

The themes of "Contact & Connected" prompt reflection on the nature of our relationships, both human and divine. Although I may not fully grasp the context in which this phrase is usually discussed, it has inspired me to delve into the differences between mere contact and true connection—a topic that resonates deeply with our everyday experiences.

### **The Nature of Contact**

To begin, let us consider the concept of contact. In our modern lives, we often maintain hundreds of contacts in our mobile telephone directories, representing a vast network of acquaintances and connections. Yet, how often do we truly engage with these contacts? Typically, we reach out based on necessity or convenience. This is particularly evident in our relationship with God; He may reside comfortably in our contact list, yet our conversations often occur only in moments of distress or urgent need.

This scenario raises a significant question: does having someone in our contact list equate to a meaningful relationship? Not necessarily. Frequently, our connections may remain superficial, lacking depth and genuine engagement. Thus, we might find ourselves reaching out during times of trouble, echoing a relationship wherein we know someone exists, but we do not cultivate a deeper bond.

### **The Essence of Being Connected**

In contrast, being "connected" conveys a richer, more profound sense of relationship. This term implies more than just a way to communicate; it denotes an emotional or social link that fosters trust and intimacy. For instance, we often refer to our feelings of connection with friends and family, highlighting a bond that transcends mere contact. This connection suggests a space where empathy flourishes, and genuine support is readily available.

The difference between contact and connection can be likened to the distinction between acquaintances and close friends. While we may have many acquaintances in our lives, only a select few truly understand us, support us, and share in our joys and sorrows. This degree of connection enriches our lives, providing a sense of belonging and stability.

## **Connection With the Divine**

When we think about our relationship with God within this framework, it becomes clear that we can experience being "connected" on a continuous basis. The gift of the Holy Spirit allows us to maintain an ongoing relationship with God—one that is not restricted to moments of need. Through prayer, reflection, and a conscious effort to invite His presence into our daily lives, we can foster a deep sense of connectedness that nurtures our spiritual growth.

Being connected with God enables us to feel His guidance and love at all times, transcending the boundaries of mere contact. This connection can offer immense comfort and strength, reassuring us that we are never truly alone, even in our most challenging moments.

The themes of "Contact & Connected" offer rich insights into how we navigate relationships in our lives. While contact is a foundational element of communication, connection calls us to explore the deeper dimensions of our interactions. Whether in our human relationships or our spiritual journeys, seeking connection encourages personal growth and fosters a sense of community and belonging.

As we reflect on our own lives, let us strive to move beyond surface-level contact and embrace the profound connections that can transform our experiences, deepen our relationships, and enhance our understanding of both ourselves and the divine.