



# REFLECTIONS

January 23, 2022

**If one falls down, / his friend can help him up.  
But pity the man who falls / and has no one to  
help him up!**

**Also, if two lie down together, they will keep  
warm. / But how can one keep warm alone?**

*Ecclesiastes 4:10-11*

## Companions

Two men with sad faces walked together toward a place called Emmaus. *They were talking with each other about everything that had happened. As they talked and discussed these things with each other, Jesus himself came up and walked along with them; but they were kept from recognizing him.*

*He asked them, "What are you discussing together as you walk along?"* (Luke 24:14-17)

Together the two men explained their sadness from the great loss they shared. That's what companions do. That's what companions are. While companions share life experiences together, they are often unaware that they also will come to share a small part of each other's hearts too—a bond only death can break. When one of them passes from this world, a small part of the heart passes away with them. And it hurts—

Joe was a lifelong friend, a companion for much of my life. When he passed from this world, part of my heart went with him. Joe left behind his wife, Cathy, and two sons. Through them some part of Joe continued to live within me. Then Cathy died. With her death a small part of my heart she kept alive died too.

Life is like that isn't it? An important part of life is found in the companions who share our journey. We really don't appreciate them enough—that is, until they are gone.

*I am a part of all I that ever met,* wrote poet Alfred, Lord Tennyson. And with Joe's passing, and then Cathy, a part of me went with them.

Life is all about love. *"Love the Lord your God with all your heart and with all your soul and with all your mind." This is the first and greatest commandment. And the second is like it: "Love your neighbor as yourself." All the Law and the Prophets hang on these two commandments,* Jesus said. (Matthew 22:37-40) The power and depth of love is never felt more than in times of loss. That's when Jesus wept. But love isn't lost.

Just as Jesus joined the Emmaus travelers, his love lives alongside you and me too. And death can't take it from us. Jesus conquered death.

*"And surely I am with you always, to the very end of the age."* (Matthew 28:20)

*"You are the light of the world,"*

*Richard +*

[www.reflectingthesavior.org](http://www.reflectingthesavior.org)

Permission is hereby granted for reproduction and redistribution of this edition of *Reflections* provided all applicable copyright laws are properly observed.

Your comments are welcomed and encouraged. Richard may be reached at [richard@reflectingthesavior.org](mailto:richard@reflectingthesavior.org)