



# Words for Wondering

An Advent to Epiphany Course from the  
Diocese of Aberdeen and Orkney

Wednesday 21st January  
**Polished**



*Scripture: **Isaiah 49:1-7***

Listen to me, O coastlands, pay attention, you peoples from far away!  
The Lord called me before I was born, while I was in my mother's womb he named me.  
He made my mouth like a sharp sword, in the shadow of his hand he hid me;  
he made me a polished arrow, in his quiver he hid me away.  
And he said to me, "You are my servant, Israel, in whom I will be glorified."  
But I said, "I have laboured in vain, I have spent my strength for nothing and vanity;  
yet surely my cause is with the Lord, and my reward with my God."

*Reflection*

What does it mean to be polished? Perhaps well practised, or well honed? A polished arrow is smoother and flies further, care has been taken to make it aerodynamic and efficient, as fit for use as possible. Polishing often involves using finer and finer grain to smooth the surface, taking more and more precise and detailed attention. Are there places in your Christian life that perhaps could do with a bit of polishing to allow you to focus on God more?

*To Listen*

Refiner's Fire by Brian Doerkson