

Jan 2nd Soul Place Reflection

'My deepest vocation is to be a witness to the glimpses of God I have been allowed to catch.'
Henri Nouwen

Presence

Let's take a moment to recognise the presence of God.
It's important to begin this practice in a calm and centred state.
Remind yourself of God's presence with you and God's desire to be with you. Ask the Holy Spirit to help you be attentive to God's presence.
"Be still and know that I am God" Psalm 46v10.
Focus on the nearness of God. Open yourself to The Presence.

Gratitude

"If the only prayer you say in your entire life is 'Thank You,' that would suffice."
Meister Eckhart

Looking back over the year, for what are you most grateful?
What causes you to be thankful? Big and small aspects of life.
In the quietness give thanks to God, if it is helpful write down your list. (You may look at the photos on your phone to remind you of the last year).

Review

Where have you glimpsed God in the last this year? What have you found most life giving?

When or where were your actions and attitudes most in line with the Christ (or the Kingdom of God)?

When or where were your actions and attitudes most in line with the Christ (or the Kingdom of God)? What habits and life patterns do you notice?

“Show me the way I should go, for to you I lift up my soul... Teach me to do your will, for you are my God; may your good Spirit lead me on level ground.” Psalm 143v8b,10

Response

Having remembered, we need to respond. What actions do you want/need to take this coming year?

(You might need to seek forgiveness, ask for direction, share a concern, express gratitude, or resolve to make changes and move forward. Allow your observations to guide your responses.)

What patterns do you want to keep living tomorrow?

“We are God’s work of art, created in Christ Jesus for the good works which God has already designated to make up our way of life.” Ephesians 2:10

God of all time, help us enter the New Year quietly,
thoughtful of who we are to ourselves and to others,
mindful that our steps make an impact
and our words carry power.

May we walk gently.

May we speak only after we have listened well.

Creator of all life,

help us enter the New Year reverently,

aware that you have endowed

every creature and plant, every person and habitat
with beauty and purpose.

May we regard the world with tenderness.

May we honour rather than destroy.

Lover of all souls,

help us enter the New Year joyfully,

willing to laugh and dance and dream,

remembering our many gifts with thanks

and looking forward to blessings yet to come.

May we welcome your lavish love.

In this New Year, may the grace and peace of Christ bless us now and in the days ahead.

- *Vinita Hampton Wright; Offered by Douglas Ruschman*