Transitions & deeper rest

Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect
Romans 12:2

Come to me, all who are weary and heavy laden, and I will give you rest. Matthew 11:28

If anyone loves me, he will keep my word, and my Father will love him, and we will come to him and make our home with him.
John 14:23

Reflection questions

What do these verses evoke for you about rest?

An image, a feeling, words….?

Do you have a felt sense of spiritual rest?

7 types of rest
that every person needs
Dr Saundra Dalton-Smith

https://ideas.ted.com/the-7-types-of-rest-that-every-person-needs/

* Physical
* Mental
* Emotional
* Sensory
* Creative
* Social
* Spiritual

Spiritual rest

Spiritual rest is the ability to connect beyond the physical and mental and feel a deep sense of belonging, love, acceptance and purpose. To receive this, we need to engage in something greater than our self and add prayer, meditation or community involvement to our daily routine.

Rested, we are ready for the world but not held hostage by it; rested, we care again for the right things and the right people in the right way. In rest we re-establish the goals that make us more generous, more courageous, more of an invitation, someone we want to remember, and someone others would want to remember too.

David Whyte

Winter morning Port Beach

You are here God, the Keeper of my soul's promise. You are always here.
As the rose of morning dawns against the clouds You are visible – awakened in my consciousness.
My spirit lifts, is held aloft.

As light transforms the dark clouds on the horizon over the water so Your Presence shines in my heart.
The dense grey reflects the sunrise, pink streams across ocean blue and white sands glow.

Awareness of Your Presence transforms everything.
The delicate touch of rising sun softens and beautifies the dense flat thundercloud of grey.
And so my soul is lit, darkness illuminated, feelings nuanced, my hearted dusted with the Morning Kiss Divine.

Reflection & sharing

* Where am I in my current circumstances?

* Am I present to myself and what is happening, waiting before God?

2 minutes to reflect on your own
Move to pairs or 3's
2 minutes each to share if you wish to.

Be still and know that I am God. I will be exalted among the nations, I will be exalted in the earth.
Psalm 46:10

Jesus says

Come with me by yourselves to a quiet place and get some rest.

Mark 6:31

There is a huge silence inside each of us that beckons us into itself, and the recovery of our silence can begin to teach us the language of heaven.

Meister Eckhart

Question to take away

How do I pause & create more silence, more space for the work of the heart and soul in the ordinary rhythm of my life?