

God is on the move...

God is a God of movement, who calls us to growth and change – and so we need to notice and be open and attentive to the new and exciting things God is doing amongst us and through us - how can we be ‘Shaped by God Together’?

Prayer practices for paying attention to God

These practices can be used individually or with your household / small group within Covid-19 guidelines.

Sound Mapping

Go out and stand before the LORD... a sound of sheer silence – 1 Kings 19

Often we are too busy or too distracted to recognise God’s, ever-present, still small voice whispering to us. Take a piece of paper and a pen into your garden or sit near an open window or door. Draw yourself in the middle of the piece of paper (a stick person or dot will do). Be still for a short while (try 5 minutes) and start to listen to what is making sound around you. Mark on your paper the sounds you can hear and where they are coming from, for example there may be cars driving by or birds singing above. Be still and quiet and really focus on sounds you can hear. Draw, write or colour the sounds you can hear around you. Consider direction and distance as you map your sounds.

Blackout Poetry

I will bring out into the open things hidden since the world’s first day – Matthew 13

Sometimes we struggle to see God at work in the world. Sometimes we just have to trust that God is there – hidden in plain sight – silently working like leaven. Pick and print an article or select an article from a daily newspaper or magazine. Read it through slowly a couple of times. Pay attention to words and phrases that jump out at you. Now, take a marker pen and eliminate all the words you do not need to reveal a prayer hidden in the article the whole time. Your prayer does not have to make grammatical sense!

Mandala Making

He is the image of the invisible God... and in Him all things hold together – Col 1

Often we shuffle along, absorbed with what is in front of us – our own issues and problems. We forget we are interconnected. Held together by Christ. On your daily walk pay attention to the gifts that nature is offering to you. Collect (responsibly and safely) a few leaves, flowers, berries, feathers, stones... whatever catches your eye and captures your imagination. When you get home clear a small space in your garden or on the pavement outside your house. Slowly and intentionally, arrange your collected materials to create a mandala - a repetitive circular design symbolising the idea that everything is connected. All things hold together in Christ.

Zentangle

In him the whole structure is joined together... in whom you also are built – Eph 2

Sometimes we count ourselves out. Take a moment to consider the fact that God is using you in what He is building. Take your place in God's purposes. Take a piece of paper and some coloured pens or pencils. Draw six three-inch squares on your paper. These squares will outline the shape of your Zentangle. Use a pen or pencil to draw strings. Strings are the lines that divide the squares into individual sections. Draw straight, wavy or spiral strings, whatever you fancy... Now fill each section with a repetitive pattern. Don't spend time planning a pattern, just draw. Repeat this for each square. Change the patterns and get creative! Add colour to the areas you would like to define.

Origami

God is making new life, not a day goes by without his unfolding grace... - 2 Cor 4

Sometimes we don't know how to pray. Our prayer life, paralysed. Ask yourself this question – What is God like? What are God's characteristics? Now ask yourself, what would it look like for these characteristics to come in (a real life situation)? Take a square of paper. Imagine a future where God's characteristics unfold. Create an origami model (you may need to find some origami instructions online). As you fold, unfold, and follow the instructions, pray silently for your imagined future to unfold. May your model become a physical prayer that declares God's future unfolding now.

Stone Balancing

They set down stones to mark the occasion, and to serve as a sign... - Joshua 4:5-6

Take a moment to reflect on occasions in the past when God has been with you. Sometimes we don't see it at the time, but we notice it looking back. As you remember each moment, lay a stone. Now take a moment to reflect on times ahead. God has still promised to be with you. As you continue to build the stone stack, let faith build up within you. The same God who helped people cross waters, from slavery to freedom, is with us today. Let the stone stack stand as a sign of God's presence and freedom.