

**REST
RESTORE
REDISCOVER
RECONNECT**

A prayer experience for the transition and start of 2021
Written by Adri-Marie van Heerden



28 DEC

REST

TEXT OF THE DAY

“Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls.”

Matthew 11:29

A QUOTE TO CONSIDER

“Thou hast created us for Thyself, and our heart is not quiet until it rests in Thee.”

Augustine

THOUGHTS ABOUT REST

Most people are currently yearning for deep rest after this unique year full of challenges and changes.

Nature teaches us that life has seasons (Ecclesiastes 3 also reminds us). We are part of nature, as human creations. God created our bodies in such a way that we need sleep (rest) on a daily basis; it has been built into our design.

Though innovation, human kind have thought out electricity and all kinds of machinery (especially the wonder of internet). When we ass people try to stay “always on”, like these creations of ours, something inside of us starts to die. Humans need rest to survive. And just in case our body’s design isn’t enough motivation, God gives multiple demands to His people in Scripture to rest; to take Sabbath and to celebrate.

God desires to give us rest.

God has designed us to also rest and play

“In place of our exhaustion and spiritual fatigue, God will give us rest. All He asks is that we come to Him...that we spend a while thinking about Him, meditating on Him, talking to Him, listening in silence, occupying ourselves with Him - totally and thoroughly lost in the hiding place of His presence.” - Chuck Swindoll

CONVERSATION WITH GOD

Write down a simple, short (one sentence) prayer for that expresses your heart’s desire and needs around ‘rest’.

29 DEC

REST

TEXT OF THE DAY

*"I will refresh the weary
and satisfy the faint."
Jeremiah 31:25 (NIV)*

A QUOTE TO CONSIDER

"The bow cannot be always bent without fear of breaking. Repose is as needful to the mind as sleep to the body... Rest time is not waste time. It is economy to gather fresh strength. It is wisdom to take occasional furlough. In the long run, we shall do more by sometimes doing less."

Charles Spurgeon

POETRY ABOUT REST

For One Who Is Exhausted, a Blessing

John O'Donohue

When the rhythm of the heart becomes hectic,
Time takes on the strain until it breaks;
Then all the unattended stress falls in
On the mind like an endless, increasing weight.

The light in the mind becomes dim.
Things you could take in your stride before
Now become laborsome events of will.

Weariness invades your spirit.
Gravity begins falling inside you,
Dragging down every bone.

The tide you never valued has gone out.
And you are marooned on unsure ground.
Something within you has closed down;
And you cannot push yourself back to life.

You have been forced to enter empty time.
The desire that drove you has relinquished.
There is nothing else to do now but rest
And patiently learn to receive the self
You have forsaken in the race of days.

At first your thinking will darken
And sadness take over like listless weather.
The flow of unwept tears will frighten you.

You have traveled too fast over false ground;
Now your soul has come to take you back.

Take refuge in your senses, open up
To all the small miracles you rushed through.
Become inclined to watch the way of rain
When it falls slow and free.

Imitate the habit of twilight,
Taking time to open the well of color
That fostered the brightness of day.

Draw alongside the silence of stone
Until its calmness can claim you.
Be excessively gentle with yourself.

Stay clear of those vexed in spirit.
Learn to linger around someone of ease
Who feels they have all the time in the world.

Gradually, you will return to yourself,
Having learned a new respect for your heart
And the joy that dwells far within slow time.

CONVERSATION WITH GOD

Speak to God about the parts in the Scripture or poem that spoke to you. What helps you to rest? What tires you out?

30 DEC

REST

TEXT OF THE DAY

“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”

Philippians 4:6,7

“He leads me beside quiet waters, He refreshes my soul.

Psalm 23

A QUOTE TO CONSIDER

“In these times, God's people must trust him for rest of body and soul.”

David Wilkerson

ART ABOUT REST



Charlie Mackasy sculpture

CONVERSATION WITH GOD

Talk to God about the reaction you have when looking at this sculpture.

31 DEC

REST

TEXT OF THE DAY

“Repent, then, and turn to God, so that your sins may be wiped out, that times of refreshing may come from the Lord,”
Acts 3:19

A QUOTE TO CONSIDER

“A believer longs after God: to come into His presence, to feel His love, to feel near to Him in secret, to feel in the crowd that he is nearer than all the creatures. Ah! Dear brethren, have you ever tasted this blessedness? There is greater rest and solace to be found in the presence of God for one hour, than in an eternity of the presence of man.”

Robert Murray McCheyne

REFLECTION ON THE YEAR THAT’S PAST

Imagine you and God are looking at your 2020 memories ‘album’; together you are remembering all the formative experiences of the year.

Ask the Holy Spirit for guidance as you select a few questions to reflect on together:

- What has happened in your relationship with God this year?
- Who are the people who have shaped you this year? (both through positive and negative experiences)
- How are you different than in the beginning of the year?
- What did Covid-19 bring out of you? What have you become aware of?
- What are you regretting? What would you like to leave behind?
- When did you feel most fully alive?
- Which Scripture, people, lessons, or experiences did God use in a special way in your life this year?
- What are you grateful for?

CONVERSATION WITH GOD

Talk to God about what you experienced during the reflection.

ACTIVITY IDEA

Create a gratitude list with a loved one. Ask them what they are grateful for regarding 2020 (even if it was a very difficult year). Try and fill an A4 paper together.

1 JAN

REST

TEXT OF THE DAY

“So, we’re not giving up. How could we! Even though on the outside it often looks like things are falling apart on us, on the inside, where God is making new life, not a day goes by without His unfolding grace.”

2 Corinthians 4:16

A QUOTE TO CONSIDER

“If there be anything that can render the soul calm, dissipate its scruples and dispel its fears, sweeten its sufferings by the anointing of love, impart strength to all its actions, and spread abroad the joy of the Holy Spirit in its countenance and words, it is this simple and childlike repose in the arms of God.”

S.D. Gordon

CONVERSATION WITH GOD ABOUT THE NEW YEAR

Imagine that you and God, together, are looking at a clean page of your 2021 photo album.

Ask the Holy Spirit to guide you, as you reflect on some of the following questions, whilst in conversation with God:

- Which of the fruit of the Spirit would God like to grow in you this year?
- What would God like to free you of this year?
- Who are the people that have been entrusted to you?
- What are some of the lessons (good work) that God has started in you in 2020, that He would like to bring into completion in 2021?
- Which Bible verse or -character do you feel invited to for 2021?
- What is your heart’s desire for 2021?
- What is God’s desire for you for this year?

ACTIVITY IDEA

Write down a simple, short (one sentence) prayer for 2021.

4 JAN

RESTORE

TEXT OF THE DAY

“Even youths grow tired and weary, and young men stumble and fall; but those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint..”
Isaiah 40:30 - 31

A QUOTE TO CONSIDER

“Almost everything will work again if you unplug it for a few minutes, including you.”
Anne Lamott

THOUGHTS ABOUT RESTORATION

How do you feel about this new year?

After the amount of loss and change of last year, it is normal if you're starting the new year feeling that you're still in need of recovery.

God is the master of restoration work. Life is full of unanswered complex questions; struggles that are difficult to make sense of, but what is secure is the safe place we can find in God's presence. The Spirit is the ointment for our wounds. Where is healing needed in your life? What prevents you from bringing your broken pieces to God?

Our own hurt and frustrations can preoccupy our minds in such a way that we sometimes forget to enter into a conversation with God about them. Have you been able to have a conversation with God about how last year have affected you?

Life and people will inevitably injure us - each of us have a wound to show, but if we allow God to restore us, to tend to our wounds, we can heal. Unattended wounds become septic, but wounds that heal become battle scars – stories of witness. May we be people who are daily touched by God, people who know the Healer well and people who participate in His healing work on earth.

CONVERSATION WITH GOD

Write down a simple, short (one sentence) prayer for that expresses your heart's desire and needs around 'restoration'.

5 JAN

RESTORE

TEXT OF THE DAY

*“For I will restore health
to you, and your wounds
I will heal”*
Jeremia 30:17

A QUOTE TO CONSIDER

“You resemble what you
revere, either for ruin or
restoration.”
Gregory Beale

POETRY ABOUT RESTORATION

Desiderata

Max Ehrmann

“Go placidly amid the noise and haste, and
remember what peace there may be in silence.
As far as possible without surrender
be on good terms with all persons.
Speak your truth quietly and clearly;
and listen to others,
even the dull and the ignorant;
they too have their story.

Avoid loud and aggressive persons,
they are vexations to the spirit.
If you compare yourself with others,
you may become vain and bitter;
for always there will be greater and lesser persons than yourself.

Enjoy your achievements as well as your plans.
Keep interested in your own career, however humble
it is a real possession in the changing fortunes of time.

Exercise caution in your business affairs;
for the world is full of trickery.
But let this not blind you to what virtue there is;
many persons strive for high ideals;
and everywhere life is full of heroism.

Be yourself.
Especially, do not feign affection.
Neither be cynical about love;
for in the face of all aridity and disenchantment
it is as perennial as the grass.

Take kindly the counsel of the years,
gracefully surrendering the things of youth.
Nurture strength of spirit to shield you in sudden misfortune.
But do not distress yourself with dark imaginings.
Many fears are born of fatigue and loneliness.
Beyond a wholesome discipline,
be gentle with yourself.
You are a child of the universe,
no less than the trees and the stars;
you have a right to be here.

And whether or not it is clear to you,
no doubt the universe is unfolding as it should.
Therefore be at peace with God,
whatever you conceive Him to be,
and whatever your labors and aspirations,
in the noisy confusion of life keep peace with your soul.

With all its sham, drudgery, and broken dreams,
it is still a beautiful world.
Be cheerful."

CONVERSATION WITH GOD

Speak to God about the parts in the Scripture, quote or poem that spoke to you.

6 JAN

RESTORE

TEXT OF THE DAY

“The Spirit of the Sovereign Lord is on me, because the Lord has anointed me to proclaim good news to the poor. He has sent me to bind up the brokenhearted, to proclaim freedom for the captives and release from darkness for the prisoners”

Isaiah 61:1

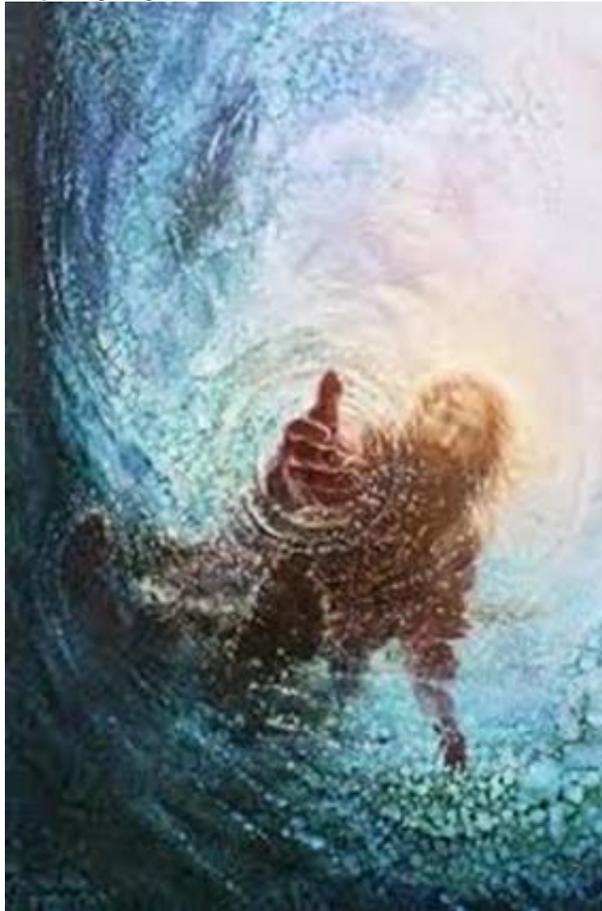
A QUOTE TO CONSIDER

“When God forgives, He at once restores.”

Theodore Epp

ART ABOUT RESTORATION

Art by Yongsung Kim



CONVERSATION WITH GOD

Talk to God about the reaction you have when looking at this painting.

7 JAN

RESTORE

TEXT OF THE DAY

“And the God of all grace, who called you to his eternal glory in Christ, after you have suffered a little while, will himself restore you and make you strong, firm and steadfast.”

1 Petrus 5:10

A QUOTE TO CONSIDER

“The main theme of the Bible is the restoration of humanity and, through humanity, of the whole of creation to its original harmony.”

Bede Griffiths

WORDS OF WISDOM ABOUT RESTORATION

Slowly read through the following quotes. Talk to God and/or a loved one about what moves you:

“Forgiveness is one of the keys to restoration; to forgive and be forgiven. We all need both as a daily practice in order to truly live in freedom.” **Adri-Marie van Heerden**

“Where do we even start on the daily walk of restoration and awakening? We start where we are.” **Anne Lamott**

“Christ is building His kingdom with earth's broken things. Men want only the strong, the successful, the victorious, the unbroken, in building their kingdoms; but God is the God of the unsuccessful, of those who have failed. Heaven is filling with earth's broken lives, and there is no bruised reed that Christ cannot take and restore to glorious blessedness and beauty. He can take the life crushed by pain or sorrow and make it into a harp whose music shall be all praise.” **J.R. Miller**

“In the silence of the Cross, the uproar of weapons ceases and the language of reconciliation, forgiveness, dialogue and peace is spoken”. - **Pope Francis**

“Silence has a regenerative power of its own. It is always sacred. It always returns you home.” **Barbara De Angelis**

ACTIVITY IDEA

Send one of the week's quotes or Scriptures to someone who you sense will appreciate them.

8 JAN

RESTORE

CONVERSATION WITH GOD ABOUT YOUR WEEK

TEXT OF THE DAY

“You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; to be made new in the attitude of your minds; and to put on the new self, created to be like God in true righteousness and holiness.

Ephesians 4.23-25

A QUOTE TO CONSIDER

“By a Carpenter mankind was made, and only by that Carpenter can mankind be remade.”

Desiderius Erasmus

*It could be helpful to write your responses in your journal

1. Deeply breathe in and out a few times and become aware of God’s presence.
2. Ask God for guidance and insight
3. Think back on your week: What all happened? Think back without judgement, as if you’re watching a movie of yourself, with God by your side. Observe and remember the week; where was the biggest emotions and significant moments?
4. Identify the moments that gave you life or where you were deeply aware of God’s goodness. Where were you the best version of yourself? Where did God show you hope or love? Thank God for each of these gifts.
5. Identify the moments you weren’t at your best, where you perhaps turned away of what was good and loving. Ask God for assistance. Where did you struggle? Where were you unkind or impatient? Where did you experience conflict? Surrender it all to God.
6. Now look ahead and talk to God about what it is that you need for today and the weekend. What is on your heart?

11JAN

REDISCOVER

TEXT OF THE DAY

"I will give them a heart to know me, that I am the Lord. They will be my people, and I will be their God, for they will return to me with all their heart."

Jeremiah 24:7

A QUOTE TO CONSIDER

"As long as I am content to know that He is infinitely greater than I, and that I cannot know Him unless He shows Himself to me, I will have Peace, and He will be near me and in me, and I will rest in Him."

Thomas Merton

THOUGHTS ABOUT REDISCOVERING

The pandemic brought new dimensions of change and feeling "out of control". We have been reminded anew of our mortality and through that we're invited to reevaluate ourselves, our values and reasons for living – and perhaps rediscover a few things.

We are not alone in this; throughout the Bible we regularly see words such as "remember" or "turn back".

To remember is a big part of rediscovery. There are so many things in life that are competing for our attention, it is easy to forget about the things that God has already shown us, the dreams in our hearts.

To rediscover is to relearn the art of having wonder; to see and appreciate things, people and God as if for the first time - to go through life with a "beginners mind" of discovery. When last did God surprise you? When last have you learnt something new about yourself? We can ask God to reawaken childlike wonder and discovery in us.

The word "repent", that can easily be misused, literally means "to return". Where is God inviting you to return, to see again, to rediscover? May we truly live and not go through life sleepwalking or bored. We were made to be fully alive.

CONVERSATION WITH GOD

Write down a simple, short (one sentence) prayer for that expresses your heart's desire and needs around what you'd like to 'rediscover'.

12 JAN

REDISCOVER

TEXT OF THE DAY

"You will seek me and find me, when you seek me with all your heart."

Jeremiah 29:13

CONVERSATION WITH GOD

Talk to God about the parts in the poem, or in the Scripture, that moved you.

POETRY ABOUT REDISCOVERY

For a new beginning

John O'Donohue

In out-of-the-way places of the heart,
Where your thoughts never think to wander,
This beginning has been quietly forming,
Waiting until you were ready to emerge.

For a long time it has watched your desire,
Feeling the emptiness growing inside you,
Noticing how you willed yourself on,
Still unable to leave what you had outgrown.

It watched you play with the seduction of safety
And the gray promises that sameness whispered,
Heard the waves of turmoil rise and relent,
Wondered would you always live like this.

Then the delight, when your courage kindled,
And out you stepped onto new ground,
Your eyes young again with energy and dream,
A path of plenitude opening before you.

Though your destination is not yet clear
You can trust the promise of this opening;
Unfurl yourself into the grace of beginning
That is at one with your life's desire.

Awaken your spirit to adventure;
Hold nothing back, learn to find ease in risk;
Soon you will home in a new rhythm,
For your soul senses the world that awaits you.

13 JAN

REDISCOVER

TEXT OF THE DAY

“Lord, I have heard of your fame; I stand in awe of your deeds, Lord. Repeat them in our day, in our time make them known; Habakkuk 3:1

A QUOTE TO CONSIDER

“He who can no longer pause to wonder and stand rapt in awe, is as good as dead; his eyes are closed.”
Albert Einstein

CONVERSATION WITH GOD

Talk to God about the reaction you have when looking at these paintings.

ART ABOUT REDISCOVERY



14 JAN

REDISCOVER

WORDS OF WISDOM ABOUT REDISCOVERY

TEXT OF THE DAY

"Many, Lord my God, are the wonders you have done, the things you planned for us. None can compare with you; were I to speak and tell of your deeds, they would be too many to declare.."
Psalm 40:5

A QUOTE TO CONSIDER

"Can you find out the deep things of God? Can you find out the limit of the Almighty?"
Job 11:7

Slowly read through the following quotes. Talk to God and/or a loved one about what moves you:

"Wonder is the beginning of wisdom." **Socrates**

"Youth is happy because it has the capacity to see beauty. Anyone who keeps the ability to see beauty never grows old." **Franz Kafka**

Christ's invitation to the weary and heavy-laden is a call to begin life over again upon a new principle--upon His own principle. "Watch My way of doing things," He says. "Follow Me. Take life as I take it. Be meek and lowly, and you will find Rest." **Henry Drummond**

"By reading the scriptures I am so renewed that all nature seems renewed around me and with me. The sky seems to be a pure, a cooler blue, the trees a deeper green. The whole world is charged with the glory of God and I feel fire and music under my feet."
Thomas Merton

"How happy we would be if we could find the treasure of which the Gospel speaks; all else would be as nothing. As it is boundless, the more you search for it the greater the riches you will find; let us search unceasingly and let us not stop until we have found it."
Brother Lawrence

ACTIVITY IDEA

Send one of the week's quotes or Scriptures to someone who you sense will appreciate them.

15 JAN

REDISCOVER

CONVERSATION WITH GOD ABOUT YOUR WEEK

TEXT OF THE DAY

“And he made from one man every nation of mankind to live on all the face of the earth, having determined allotted periods and the boundaries of their dwelling place, that they should seek God, and perhaps feel their way toward him and find him. Yet he is actually not far from each one of us.”

Acts 17:26-28

A QUOTE TO CONSIDER

“Unless and until we rest in God, we will never risk for God.” **Mark Buchanan**

*It could be helpful to write your responses in your journal

1. Deeply breathe in and out a few times and become aware of God's presence.
2. Ask God for guidance and insight
3. Think back on your week: What all happened? Think back without judgement, as if you're watching a movie of yourself, with God by your side. Observe and remember the week; where was the biggest emotions and significant moments?
4. Identify the moments that gave you life or where you were deeply aware of God's goodness. Where were you the best version of yourself? Where did God show you hope or love? Thank God for each of these gifts.
5. Identify the moments you weren't at your best, where you perhaps turned away of what was good and loving. Ask God for assistance. Where did you struggle? Where were you unkind or impatient? Where did you experience conflict? Surrender it all to God.
6. Now look ahead and talk to God about what it is that you need for today and the weekend. What is on your heart?

18 JAN

RECONNECT

TO A RELATIONSHIP AND JOURNEY WITH GOD

TEXT OF THE DAY

"I will give you a new heart and put a new spirit in you; I will remove from you your heart of stone and give you a heart of flesh."

Ezekiel 36:26

A QUOTE TO CONSIDER

"Jesus Christ became Incarnate for one purpose, to make a way back to God that man might stand before Him as He was created to do, the friend and lover of God Himself."

Oswald Chambers

THOUGHTS ABOUT RECONNECTING

We often become aware of the things that truly have value during holiday or festive times. Together with that, the new year often offers a psychological idea of newness, a fresh start, and the possibility of change.

What are the most important relationships and priorities in your life?

God longs to live in relationship with us – we were designed for it! We become fully alive when we live in harmony with God, on an adventure with Him. Our hearts burn brightly when we experience how the Spirit works in and through us, and in these moments we truly know what love and peace feels like.

To journey with God means to be formed in the likeness of Christ and to become the best versions of ourselves simultaneously!

The beginning of the year is a good time to decide about the things you would like to stay connected with. When the year takes on its normal pace, the loudest voices will decide our commitments on our behalf if we haven't consciously prioritised our connections.

God is inviting us in the gentlest way, time after time, to return to our relationship with Him for some adventure.

CONVERSATION WITH GOD

Write down a simple, short (one sentence) prayer for that expresses your heart's desire and needs around 'reconnecting' with Him.

19 JAN

RECONNECT

TO A RELATIONSHIP AND JOURNEY WITH GOD

TEXT OF THE DAY

“Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to Him, and He will make your paths straight.”

Proverbs 3:5,6

CONVERSATION WITH GOD

Pray the prayer that speaks to your heart.

PRAYERS TO HELP US RECONNECT

Christ be with me, Christ within me, Christ behind me,
Christ before me, Christ beside me, Christ to win me,
Christ to comfort me and restore me, Christ beneath me,
Christ above me, Christ in quiet, Christ in danger,
Christ in hearts of all that love me,
Christ in mouth of friend and stranger.

- **Saint Patrick**

“Our Father, who art in heaven, hallowed be thy name; thy kingdom come; thy will be done; on earth as it is in heaven. Give us this day our daily bread. And forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation; but deliver us from evil. For thine is the kingdom, the power and the glory, for ever and ever. Amen. **The Lord’s Prayer, Matthew 6**

“God grant me the serenity to accept the things I cannot change; courage to change the things I can; and wisdom to know the difference..”
The Serenity Prayer, Reinhold Niebuhr

Welcome, welcome, welcome.

I welcome everything that comes to me today
because I know it’s for my healing.

I welcome all thoughts, feelings, emotions, persons,
situations, and conditions.

I let go of my desire for power and control.

I let go of my desire for affection, esteem,
approval and pleasure.

I let go of my desire for survival and security.

I let go of my desire to change any situation,
condition, person or myself.

I open to the love and presence of God and
God’s action within. Amen

Fr. Thomas Keating

20 JAN

RECONNECT

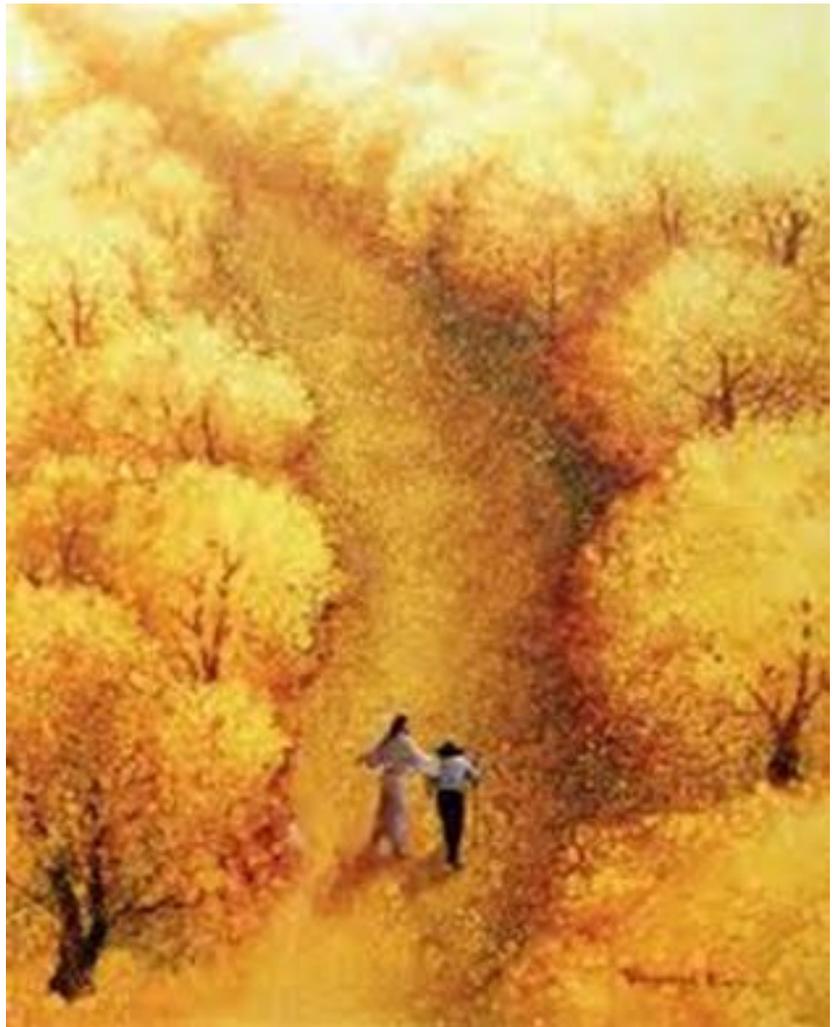
TO A RELATIONSHIP AND JOURNEY WITH GOD

ART ABOUT RECONNECTING TO THE JOURNEY

TEXT OF THE DAY

“Your word is a lamp for my feet, a light on my path.”

Psalm 119:105



Art by Yongsung Kim

A QUOTE TO CONSIDER

“Only by walking with God can we hope to find the path that leads to life. That is what it means to be a disciple. After all -- aren't we 'followers of Christ'? Then by all means, let's actually follow him. Not ideas about him. Not just his principles. Him.”

John Eldredge



CONVERSATION ACTIVITY WITH GOD

Talk to God about the road and journey you are currently on. What type of road is it? Ask the Spirit for inspiration as you draw the landscape of the road you sense God is inviting you to walk alongside of Him. What does the landscape look like? Where is God walking in relation to you?

21 JAN

RECONNECT

TO A RELATIONSHIP AND JOURNEY WITH GOD

TEXT OF THE DAY

“So then, just as you received Christ Jesus as Lord, continue to live your lives in him, 7 rooted and built up in him, strengthened in the faith as you were taught, and overflowing with thankfulness.”

Colossians 2:6,7

A QUOTE TO CONSIDER

“...caught up in our own busyness, frantically running from one crisis to the next in a cycle that looks less like loving the Messiah and more like trying to become one.”

Phileena Heuertz and Darren Prince

WORDS OF WISDOM ABOUT RESTORATION

Slowly read through the following quotes. Talk to God and/or a loved one about what moves you:

“The gospel call invites us to apprentice ourselves to Jesus, become pilgrims along the compassionate way, and journey deeper together into the heart and life of God. In our contemporary setting, however, Christians often look more like bustling tourists than faithful pilgrims patiently engaged upon an eternal pilgrimage into Divine Love. Countless people today make periodic excursions into the spiritual supermarket in pursuit of a novel offer, but few seem willing to sign up as pilgrims in the lifelong adventure of discipleship.” Trevor Hudson

“Our great tendency in this age is to increase our speed, to run faster, even in the Christian life. In the process our walk with God stays shallow, and our tank runs low on fumes. Intimacy offers a full tank of fuel that can only be found by pulling up closer to God, which requires taking necessary time and going to the effort to make that happen”. Charles R. Swindoll

“God was on the move; God is on the move; and God will always be on the move. Those who walk with God and listen to God are also on the move. Reading the Bible so we can live it out today means being on the move—always. Anyone who stops and wants to turn a particular moment into a monument, as the disciples did when Jesus was transfigured before them, will soon be wondering where God has gone”. Scot McKnight

ACTIVITY IDEA

Send one of the week’s quotes or Scriptures to someone who you sense will appreciate them.

22 JAN

RECONNECT

TO A RELATIONSHIP AND JOURNEY WITH GOD

TEXT OF THE DAY

"...being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus."

Philippians 1:6

A QUOTE TO CONSIDER

"Life is either a daring adventure, or nothing."

Helen Keller

CONVERSATION WITH GOD ABOUT YOUR WEEK

*It could be helpful to write your responses in your journal

1. Deeply breathe in and out a few times and become aware of God's presence.
2. Ask God for guidance and insight
3. Think back on your week: What all happened? Think back without judgement, as if you're watching a movie of yourself, with God by your side. Observe and remember the week; where was the biggest emotions and significant moments?
4. Identify the moments that gave you life or where you were deeply aware of God's goodness. Where were you the best version of yourself? Where did God show you hope or love? Thank God for each of these gifts.
5. Identify the moments you weren't at your best, where you perhaps turned away of what was good and loving. Ask God for assistance. Where did you struggle? Where were you unkind or impatient? Where did you experience conflict? Surrender it all to God.
6. Now look ahead and talk to God about what it is that you need for today and the weekend. What is on your heart?

25 JAN

RECONNECT

TO A SHARED ADVENTURE

TEXT OF THE DAY

“Then He said to his disciples, The harvest is plentiful, but the laborers are few; therefore pray earnestly to the Lord of the harvest to send out laborers into his harvest..”

Matteus 9:37,38

A QUOTE TO CONSIDER

“After learning to love God (worship), learning to love others is the second purpose of your life.”

Rick Warren

THOUGHTS ON RECONNECTING WITH A SHARED ADVENTURE

God is a Trinity; the essence of who God is, is relationship. We were made in the image of God and are therefor also designed to live in relationship with one another.

In modern culture where “indepence” and “every man for himself” is celebrated, a community of people who look after one another can truly be a radical sign of Hope.

Humans were also made for adventure. Our souls suffer when we do not contribute ourselves and our gifts, when we don't explore and only live for ourselves.

We were not made to only live for ourselves.

Think back on a time where you felt truly alive, a time where your light shone brightly, and you lived in harmony with others – these are times when the Kingdom of God becomes tangible and visible on earth.

How are you being invited to reconnect the adventure of God's Kingdome? Who are the people who will join you on this quest?

CONVERSATION WITH GOD

Write down a simple, short (one sentence) prayer for that expresses your heart's desire and needs around 'reconnecting' to an adventure with others.

26 JAN

RECONNECT

TO A SHARED ADVENTURE

POETRY ABOUT BEING ON AN ADVENTURE

TEXT OF THE DAY

“Fight the good fight of the faith. Take hold of the eternal life to which you were called and about which you made the good confession in the presence of many witnesses.”

1 Timothy 6:12

For the Traveler

John O'Donohue

Every time you leave home,
Another road takes you
Into a world you were never in.

New strangers on other paths await.
New places that have never seen you
Will startle a little at your entry.
Old places that know you well
Will pretend nothing
Changed since your last visit.

When you travel, you find yourself
Alone in a different way,
More attentive now
To the self you bring along,
Your more subtle eye watching
You abroad; and how what meets you
Touches that part of the heart
That lies low at home:

How you unexpectedly attune
To the timbre in some voice,
Opening in conversation
You want to take in
To where your longing
Has pressed hard enough
Inward, on some unsaid dark,
To create a crystal of insight
You could not have known
You needed
To illuminate
Your way.

CONVERSATION WITH GOD

Talk to God about the parts in the poem, or in the Scripture, that moved you.

When you travel,
A new silence
Goes with you,
And if you listen,
You will hear
What your heart would
Love to say.

A journey can become a sacred thing:
Make sure, before you go,
To take the time
To bless your going forth,
To free your heart of ballast
So that the compass of your soul
Might direct you toward
The territories of spirit
Where you will discover
More of your hidden life,
And the urgencies
That deserve to claim you.

May you travel in an awakened way,
Gathered wisely into your inner ground;
That you may not waste the invitations
Which wait along the way to transform you.

May you travel safely, arrive refreshed,
And live your time away to its fullest;
Return home more enriched, and free
To balance the gift of days which call you.

28 JAN

RECONNECT

TO A SHARED ADVENTURE

TEXT OF THE DAY

“Therefore encourage one another and build each other up

1 Thessalonians 5:11

‘N GEDAGTE OM TE OORWEEG

“Work is a blessing. God has so arranged the world that work is necessary, and He gives us hands and strength to do it. The enjoyment of leisure would be nothing if we had only leisure. It is the joy of work well done that enables us to enjoy rest, just as it is the experiences of hunger and thirst that make food and drink such pleasures.”

Elisabeth Elliot

WORDS OF WISDOM ABOUT RECONNECTING

Slowly read through the following quotes. Talk to God and/or a loved one about what moves you:

“And as a disciple of Jesus I am with him, by choice and by grace, learning from him how to live in the kingdom of God. This is the crucial idea. That means, we recall, how to live within the range of God’s effective will, his life flowing through mine. Another important way of putting this is to say that I am learning from Jesus to live my life as he would live my life if he were I. I am not necessarily learning to do everything he did, but I am learning how to do everything I do in the manner that he did all that he did.” **Dallas Willard**

“Disturb us, Lord, to dare more boldly, to venture on wider seas where storms will show your mastery; where losing sight of land, we shall find the stars. We ask you to push back the horizons of our hopes; and to push into the future in strength, courage, hope, and love.” **Francis Drake**

“The first service one owes to others in a community involves listening to them. Just as our love for God begins with listening to God’s Word, the beginning of love for others is learning to listen to them. God’s love for us is shown by the fact that God not only gives God’s Word but also lends us God’s ear. . . . We do God’s work for our brothers and sisters when we learn to listen to them.”

“The Church is the Church only when it exists for others . . . not dominating, but helping and serving. It must tell men of every calling what it means to live for Christ, to exist for others.”
Dietrich Bonhoefer

ACTIVITY IDEA

Send one of the week’s quotes or Scriptures to someone who you sense will appreciate them.

29 JAN

RECONNECT

TO A SHARED ADVENTURE

TEXT OF THE DAY

“Do not fear, for I am with you; do not be afraid, for I am your God. I will strengthen you; I will help you; I will hold on to you with My righteous right hand.”

Isaiah 41:10

A QUOTE TO CONSIDER

“We ought not to be weary of doing little things for the love of God, who regards not the greatness of the work, but the love with which it is performed.”

Brother Lawrence

CONVERATION WITH GOD ABOUT YOUR WEEK

*It could be helpful to write your responses in your journal

1. Deeply breathe in and out a few times and become aware of God's presence.
2. Ask God for guidance and insight
3. Think back on your week: What all happened? Think back without judgement, as if you're watching a movie of yourself, with God by your side. Observe and remember the week; where was the biggest emotions and significant moments?
4. Identify the moments that gave you life or where you were deeply aware of God's goodness. Where were you the best version of yourself? Where did God show you hope or love? Thank God for each of these gifts.
5. Identify the moments you weren't at your best, where you perhaps turned away of what was good and loving. Ask God for assistance. Where did you struggle? Where were you unkind or impatient? Where did you experience conflict? Surrender it all to God.
6. Now look ahead and talk to God about what it is that you need for today and the weekend. What is on your heart?