

Spiritual Practice 5/30



Take a moment to reflect on this image. What does it stir in you?...

Where are you represented in this image? ...

Where are the places of hope for you in this image and What do those places of hope represent? Where are the places in you that are feeling cold or frigid?

Where is Jesus? If you're having trouble, ask the spirit of God to show you

Take a moment to reflect and read from Ecclesiastes 3:1-8 (NLT)

Ecclesiastes 3:1-8
(New Living Translation)

For everything there is a season,
A time for every activity under heaven.
A time to be born and a time to die.
A time to plant and a time to harvest.
A time to kill and a time to heal.
A time to tear down and a time to build up.
A time to cry and a time to laugh.
A time to grieve and a time to dance.
A time to scatter stones and a time to gather stones.
A time to embrace and a time to turn away.
A time to search and a time to quit searching.
A time to keep and a time to throw away.
A time to tear and a time to mend.
A time to be quiet and a time to speak.
A time to love and a time to hate.
A time for war and a time for peace.

I invite you to reflect and to share where *you* are in this season by finishing this sentence...

“For me it’s a time for _____ and a time for _____.”

You could answer simply by adding two words like a time to wrestle and a time to rest or a time to believe and a time to doubt... or you can give a broader answer, whatever is on your heart.

-----take a moment to reflect and share-----

“Jesus, thank you that you are with us in all our seasons of hope and caution, need and abundance. Help us to experience your loving presence today and in this season”