

**REFLECTIONS
FOR THE JOURNEY**

— HOPE —

Elizabeth Mills

**“Happy is he.....
...whose hope is in the Lord.”
*Psalm 146, v 5***

For Fellow Travellers

These words are offered with love in the hope that they may provide some sustenance and encouragement for the journey.

May the Holy Spirit be with you as you read and draw you closer to His Infinite Love.

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Rest in the Lord

Rest and be thankful
Breathe deeply and as you do so
Be aware you are breathing in
The Breath of the Spirit
Which would come to you
Fill you
And bring you new life

Your cares can be laid down
Know you are in safe hands
As you offer yourself more fully
Seeking to draw nearer
To His Kingdom

For His Kingdom of Love is not far away
Its essence is Love
And this Love can come and touch you
When you come simply
Seeking to rest in His Love

***Come Unto Me all you who labour and are heavy
laden and I will give you rest.***

Matthew 11. v 28

Love is of God

If we are to Love God
We are to also love our fellow man
And if we are to love our fellow man
This Love will be all the greater
If it comes from the ultimate source of Love
Which is God

We have no need to be afraid
For this Love which will come to us
Which surrounds us
Is a free-flowing gift

The more we love our neighbour
The more we are loving God
Whose Love will replenish us
And prepare us to go back into the world
To love others

*You shall love the Lord your God with all your
heart, with all your soul, with all your mind and
with all your strength and love your neighbour as
yourself.*

Mark 12, v 28-30

Lord of All Light

Follow the Light wherever it leads

Follow the Light
Though you may not know the Path

Follow the Path
Though it may not be of your choosing

For the Lord is Lord of all Light
And He will accompany you

He will not leave you
Nor forsake you
Rather He will hold you close
And shine His Light
So that you may know that even if
The Path you take is not always easy
It leads you ever onward
And your ultimate destination is
The Light

I am the Light of the World

John 8, v 12

Ever with Us

The One whom we seek to serve
Is ever with us
And accompanies us at each step

Particularly at those times
When we struggle the most
He is the closest

Sometimes though we may not know this
And may feel He has left us
We may feel alone

Then, as we turn the next corner
We may find that He is there waiting

He welcomes us with His ever-open arms
And invites us once more to draw close

He wants us to receive from Him
And to feel the wealth and constancy
Of His Love and support

I am with you always, even to the end of time....
Matthew 28, v 20

Let the Spirit flow....

Let the Spirit flow
Try to keep a clear path
A bridge that is open

Seek to let go
Of anger, fear and greed
And any harshness in us

Try to live simply
With love and tenderness
In our hearts

Making space for the Holy Spirit
To bring God's Love in
To the centre of our being

Teaching us His Way
And letting His Spirit guide us
In our daily life

*The Holy Spirit, whom the Father will send in My
Name, will teach you all things and will remind you of
everything I have said to you.*

John 14, v 26

The Infinite Heart

The Infinite Heart of God

Is a Loving Space

Offered freely to all who come

With an open heart

Love may flow

Peace may be offered

And Guidance may be given

We are forever invited

To come to this Loving Space

Willing to receive

And with humility in our hearts

What does the Lord require of you?

***To act justly, to love mercy
and to walk humbly with your God.***

Micah 6, v 8

Gifts from God

For those who come
There are rewards
Gifts given along the way

God's Gift of Peace is a special gift
A quality from Heaven which can touch the soul
And enter the heart

Another gift God brings is His Strength
A loving strength
Which can help us through
Our times of darkness and desperation

God's Gift of Love
Is His supreme, overarching Gift
Given unconditionally
To all people
At all times

Not as the world gives, give I unto you
John 14, v 27

Come to Him Often

Come to Him often

With a simple, loving, open heart

This may help us draw nearer to His Kingdom

And to open the door of our hearts

To His Love

For simplicity and love are the keys

And they will help us find our way

To His Loving Heart

Born in Simplicity and always Open

Always Offering of Itself

To those who come

And seek of its Goodness

Except ye become as a little child....

Matthew 18, v 3

Eternally Given.....

That which calls you also loves you

That which loves you also heals you

That which heals you also brings you peace

That which brings you peace

Offers Peace to others

And so....the Love is shared

Love was His Meaning

Julian of Norwich

Within

Life is not always an easy journey
For many of us there are difficulties along the way
But if we can find within
A place of comfort
A place of stillness
Then we may come to see that within us
Is something very precious
Which cannot be taken away

When so much else is subject to change and decay
This is something constant
Something immoveable
Something which offers more than the world can give
And which seeks to guide us
Along the route that we are travelling

The Kingdom of Heaven is within you... ..
Luke 17, v 21

Drawing Near.....

Every time you come to God in prayer
You step a little closer
Every desire you have to be near Him
brings you a little closer
And every hope in your heart for nearness to the Lord
May draw you nearer to His Heart

This seeking to draw closer
Is fuelled through prayer
Is fuelled through time together
Is fuelled through thoughts raised to Him

For what matters most is being with God in ordinary life
Learning to hand oneself over to Him
Giving each moment to His Loving Heart

So that His Love may be a part of your life
And fuel and feed your daily living

So that each time you turn to Him
He is there waiting
And ready to give you His Infinite Love

Draw Near to God and He will draw near to you.....

James 4 v 8

An Open Heart

We need an open heart
To receive what the Lord would bring
We need an open heart
To give what one has been given

The Love of God seeks to flow
To give, to share, to offer to heal
And to bring Light

The Love of God is to be shared
In all the ways we can
To help and stand alongside others

In these simple ways
The Love of God may be shared
And the commandment of our Lord made real

*Thou shall love the Lord your God with all your heart,
with all your soul, with all your mind and with all your
strength and love your neighbour as yourself.*

Mark 12 v 30

Rest and Be Glad

Rest and be glad for the Lord is with you
His Love is always there to support and sustain you
Even through the most difficult of times.

Rest and be glad that this Love is always present.
Turn to Him often and know that the Lord is always
ready to respond and to help the one who asks

*Come to Me all you who labour and are heavy laden and
I will give you rest.
Not as the world gives, give I unto you.
Matthew 11, v 28*

Saving Grace

The Lord did not come to save the righteous
He came (and comes) to help the weak, the lame, the
wounded, the broken

Still He comes to make us whole
And bring us new life

His Life
His Risen Life

That we may be alive in Him

And our lives renewed, resuscitated, re-energised
With and by His life-giving Spirit,
Everlasting, ever-loving
And ever true

*Jesus said, "I have come that they may have life
And have it to the full"
John 10, v 10*

Hope in Him

The Lord asks us to look to the Light
To look to Him
For He is the Light

The Lord seeks to bring His Light
To offer His Love

We may at times feel discouraged
but let us not give up
Or feel there is no hope

Let us keep looking to the Light,
Seeking to make things better

The Lord brings us His Light
And asks us to shine as lights in the world
Seeking in our own small way
To overcome the darkness
Knowing that any light we may shine
Comes from the Light of Life Eternal
Bringing Hope into our lives

*He did not say you will not be troubled, you will not be
tempest- tossed. But He did say you will not be
overcome.*

Mother Julian

Best Friend

The Lord meets us in unexpected places
For this journey is of His choosing.
He may suddenly appear and make Himself known.
These are the times when you know you are supported
When you know His Love is with you.

As the Lord makes Himself known
You may realise more and more
That His Presence is not only needed
It is everything

With God all things are possible

He is always near
Waiting to surprise you
And bring you His Companionship
His Peace, His Strength and, above all else, His Love

From henceforth, I call you My Friends
John 15, v 15

Thankfulness

This Lord of all life comes to mend our brokenness
To heal us when our lives are torn apart
And revitalise and renew us

He comes to those who ask
To those in need of Him

He comes to a humble heart
And makes His Home within us

His Love can grow
As His Presence becomes more real
And alive within us

We need to keep our hearts humble
And be thankful for this wonderful Love
Given so freely to us

*Love, so amazing, so divine,
Demands my soul, my life, my all.
Isaac Watts 1674-1748*

Accompanied

You do not journey alone
The Lord is a source of Strength for you

Do not be tempted to give up
Or to stray from His pathway

Keep your eyes fixed on His Light
His Love and His Word
And do all that you can, in every way, to be
True to these things

And then you will find more and more
That the Light will grow stronger
The Love will be ever more firmly
Embracing you and holding you
And His Word will be ever more firmly planted
In your heart and in your life

*In the beginning was the Word
And the Word was with God
And the Word was God.*

John 1, v 1

Look to Him!

Sometimes the sea on which you travel is calm
But there are times when the waves rise
And crash in upon you

You may feel overwhelmed and helpless
You may feel that all is lost

But God's Love is never far away
He has Strength to save
And Power to bring you Peace

Have faith that when the storms come
You will know where to look
You will know where to turn

You will find that He is always present
Your prayers are heard
Your needs are known

"Peace, Be Still!"

Who is this that even the winds and the sea obey Him?

Mark 4, v 35 -41

All is Known

I am your Rock
Your place of refuge in a storm
And I will bring you Peace

For all that I give
Is all that you need
And all that is needed
Is known

Be at Peace child
Call My Name
And call it often

Live close to Me
Let My Love bring us together
And be the bridge
To keep us together

God shall supply all your need
Philippians 4, v 19

Food

If you come to Him
The Lord will feed you
He will give to you
And He will sustain you
He will give you what you need most
But you must come

Simply come
And be filled with all the good things
All the treasures that He offers

For the Food that He offers
Is not of this world
It can fill you in ways
That nothing else can

So, Come!
Come and be fed
Come and be nourished
Come and be healed
By the Power of His Love
Freely offered
And forever available
To those who come

Come and See
John 1, v 46

Enfolded

Draw closer to God
And let your worries fall away

Let joy fill your heart
And calm your concerns

Be enfolded in His Presence
And allow yourself to relax

May your burdens be lifted
Through the Gift of His Peace

Not as the world gives, give I unto you.

John 14, v 27

Full Circle

My Love is a source of Peace

My Peace is a source of harmony

Harmony brings relaxation

Relaxation leads to rest

Rest leads to surrender

Surrender moves towards joy

Joy is a gift given by My Love

Taste and see that the Lord is good.

Psalm 34, v 8

To be Made Real

So many words of wisdom
Are written, spoken
And heard

But unless they are taken
Into one's very life
Absorbed, digested
And acted upon

Unless they are made real
In the life of each person who hears them
Then they are as nothing
And might as well not be spoken

Love Thy Neighbour as Thyself
Mark 12, v 31

Look!

Look around
And see the beauty

Look up
And see in the sky
The infinite possibilities
For change and transformation

Look below
And feel the earth beneath your feet
Supporting and upholding you

Look within
And find that which cannot be discovered
Anywhere else
That of God within every person

The Kingdom of Heaven is within you.
Luke 17, v21

Heartfelt

I turn my heart to You
I turn my mind to You

I offer my self to You
I give You who I am

Without You, I am no-one
Without You, I am lost

With You I am made whole
With You my spirit rejoices

In You my mind is clear
In You my heart is free

*Seek ye first the Kingdom of God.
Matthew 6, v 33*

The Seed

The Kingdom of Heaven is not some far off place
It is a part of each of us
Each of us must seek
If we are to find

We are told
Those who seek will find
Those who knock will see the door
Opened unto them

For the One whom we are seeking
Is not distant and apart
He is in our very being
Like a seed

A seed which needs to be nurtured
To take root
And to grow

*Thy Kingdom come, on earth as it is in heaven.
Matthew 6, v 10*

The Still Small Voice of God

The world we live in is noisy
It is busy and very often our lives are full

Deep within us all is a still small voice
Which may speak to us through the hubbub of life

We may seek to discern its guidance and direction
And to keep our own contact with the Divine within

This means to take time regularly to *be* in relationship
With that which is Holy in our life

To step back from the day to day
In order to receive from the Eternal

So we may then return to the business of life
Fuelled and restored by that which has been given

We may also be gently redirected
And re-aligned
With that which brings us peace
That which brings us joy
And that which brings love
Back to the centre of our life

The Lord is my light and my salvation.

Psalm 27, v 1

Centred Living

Everyday living with the Holy at its centre
Is anything but ordinary
For though it may appear to be so
It has a transforming possibility

So that new life may be built into old routine
New energy into old relationships
New vitality into old patterns
And new expressions of living
Into dull and outdated ones

For the Spirit has the potential to change
And the more we open ourselves
To the possibilities that it brings
The more we find that of ourselves
We can do nothing

But with the Divine Energy of Love
Propelling and motivating our actions
Then life can be transformed
From the inside out

Abide in Me as I abide in you.

John 15, v 4

Simplicity

Simplicity in all things is a good rule to live by

Keep life simple and avoid complications
Keep life simple and let fun be at its heart
Keep life simple and allow new things to enter in
Just as we allow old things to pass away

For those things that we try to hold onto
Will not survive
We must let things pass if we are to be renewed
And if we are to move on

So, keep things simple and create no blockages
No impediments to the new that would flow in
Would we only allow it room

Behold, I make all things new.
Revelation 21 v 5

Giving and Receiving

The relationship we share with God
Is one of giving and receiving

Not only do you give to Him all that you can
In terms of service, love and commitment
But as you do so
He responds with all that you need
To help you in your daily life

What each person can give is small
He, in contrast, brings an abundance

From Him there is an ever-flowing, continual supply
Which never runs dry
The Flow of His Love is everlasting

He wants us to be vessels
Willing to receive from His Flow
So we may pass it on
Because that which we can give
Comes from Him
And is given by Him

Come, that you may receive
Come, that you may give

Love one another as I have loved you.
John 15, v 12

The Source of Abundance

Always ask
Always offer

Always be willing to receive
Always be willing to give

Give that you may share
Share that you may help others

Help others that you yourself may receive
Receive from the Source of Abundance

For it is in giving that we receive
It is in loving that we ourselves are loved

And it is in dying to our own selves
That we may be born to Eternal Life in Him

It is more blessed to give than to receive.
Acts 20, v 35

Quietly

The Kingdom will not come on earth
In a blaze of glory
And a fanfare of trumpets

That is not how the Lord arrives
He comes quietly, simply
And in humility

His Kingdom comes in the hearts of people
Ready to receive Him
Make room for Him in their hearts
And then seek to live in His Way
Of Love, Peace and Joy

Only in this way
This small, almost imperceptible way
Will His Kingdom come on earth
And grow on earth

By those who love Him
Learning to live with His Love
At the centre of their lives

*Thy Kingdom come, Thy Will be done
On Earth as it is in Heaven.*

Matthew 6, v 10

Our Guide

Stay close to the Lord
And let Him be your guide
Take your questions to Him
Seek to stay by His side
And listen for His Presence

For the Lord will guide those who come to Him
Those who seek to learn from Him
And to follow in His footsteps

The Lord will be a friend
To all who seek to be His friend
And to all who want to learn from Him

His Friendship will enfold you
Keep you safe
And show you the way

For He is the Way, the Truth
And the Life

Trust in the Lord.

Proverbs 3, v 5

The Light of Life

Light brings hope
A ray of light glimmering in the darkness
Brings with it a new way of seeing
And a new way of being

It may lighten the heart
To see the rays of Light shimmering
And glowing where once there was darkness

Jesus says, "I am the Light of the World,
Whoever follows Me will not dwell in darkness,
But will have the Light of Life."

Let these words be alive in your heart
To minister to your sadness
Encourage you when it is hard to keep going
Love you when all else seems lost
And sustain you through your pain

For His Love can do all things
His Love is all powerful
Especially in the midst of dark times
When His Light is most needed

In Him I Trust

Psalm 91, v 2

Each New Day

Each day is a new day
Begin it afresh
And welcome it with joy

The Lord will come
And enter in to your day
If you give Him space to do so
And welcome Him in

His Power can transform your day

As you begin each new day
May you do so with an open heart
Asking the Lord to be with you
To bring all that you need
To make this day joyful and light
And a day given over to Him

*This is the day the Lord has made
Let us rejoice and be glad in it.
Psalm 118, v 24*

Lift up your hearts

As you journey through your day
Remember the Lord is with you
Ever by your side
Ever ready to help

When something goes wrong
You can turn within
And ask for His help

It is important to ask
And to trust that an answer can be given
Just remember that His Help is at hand

Lord, into Thy hands I commit my spirit.
Luke 23, v 46

The Garden of the Soul

In each moment that you come to the Lord
He is already waiting

His Spirit is already present
And His Love is at hand

Give Him room and He will grow
Make the space and He will take root

Just as a garden needs to be tended to welcome the seed
So the ground within us needs to be prepared
For the seed of His Love to grow

Allow His Heart to be in your mind
His Spirit to be alive in your being

And His Love to be at home in your soul

My Father is the Gardener
John 15, v 1

The Fire of His Love

May the Fire of His Love
Burn brightly in our hearts

For what greater part can there be
Than His Love entering in

His Love showing us the Way
His Love being present in our hearts
And the flame that He lights in us
Creating light for others.

Nothing else matters more
Than at the beginning of each day
We should come to Him
Listen to Him
And be kindled by His Flame

*Did not our hearts burn within us?
Luke 24, v 32*

Dance!

Listen to His Melody
And dance

Dance to your heart's content

Feel the Joy
The Spirit
And the Love

Feel the guiding of your footsteps
To be in tune
And in step
With His Leading
His Direction
And His Guidance

I am the Lord of the Dance
Sydney Carter

My heart was strangely warmed
John Wesley

His Love, like a fire, may warm our hearts
As we respond to its glow

His Love will bring us
What we most need
For His Love knows what is needed

And when we feel pain
When we are aware of loss and struggle
Feel the warmth of His Love
Enfolding us
And holding us

Through His Love we are moulded together
"I in you and you in Me."

It is no longer I who live, but Christ who lives in me.
Galatians 2, v 20

The Well of God's Love

The Well of God's Love has impenetrable depths
Depths that are beyond your comprehension to fathom

But come to the Well
And receive from the life-giving waters
Of His Spirit

Reach out to receive
And, if only a droplet is placed in your hands
That droplet can be to you an infinite source
Of that which He can give

This droplet can be as a well within your own heart
Continually being a source welling up within you
Acting like a spring of the Infinite
Bringing its Love
Its Healing and its Peace
Deeply into your heart

*The water that I will give will become in them a spring
of water gushing up to eternal life.*

John 4, v 14

Drink Deeply

God's Well never runs dry
For it is a well of prayer

Come to His Well
Drink deeply

Take your fill and rest awhile in His Presence
For He will not leave you comfortless
He will never forsake you
He will be with you especially in your time of trial

Never does His Well run empty
Never is it barren or dry
For His Well is filled continually
With Love from the Father
And this will flow until the end of time
Without ceasing
And without failing any who come
Seeking their God

*I will be their God and they shall be My people.
Hebrews 8, v 10*

The Path of Life

As you walk along the path of life
You may reach an incline
And feel it is not possible to carry on
This is where you need the friendship of the Lord
Any route, however arduous, is known to Him
And He can help you

See yourself placing your hand firmly into His
And feel the strength of His grip, holding you
As you walk along together
Be aware of His footsteps
Leading you one step at a time
Making sure each foothold is secure

As you move on up
Notice He does not struggle
But walks without anxiety
For His burden is light
He can carry all that seems too much for you

Stay close
Be mindful of His Guidance
Keep to His Path

His Love for you is unchanging
As circumstances in your life alter and change
You will find Him ever sure and ever able
To accompany you on your journey through life

I am with you always, even to the end of time.
Matthew 28, v 20

More to Life

So much of modern life focuses on the superficial
On looking good
Yet there is more of value to our lives
Than can ever be realised in this way alone
We are more than the food we eat
More than the clothes we wear

Coming to a deeper sense of life
Has the potential to bring more satisfaction
And contentment
Helping us to realise a spiritual aspect to our lives
As a vital and living part of us
Also needing recognition
Nurture and attention

The Lord waits patiently
For us to come to see
There is more than meets the eye
And that we may be missing something vital in life

He waits for us to discover
Greater riches
Greater depths
Within our very own heart
Within our very own being

The Kingdom of Heaven is within you.

Luke 17 v 21

His Spirit and Ours

God is Spirit and Life
And our spirit and life
Is a part of His

God calls us to His heart
To His Infinite Heart

We may draw closer by gently seeking in prayer
To attune our spirit to His Holy Spirit
And to His Love
Forever calling us home to Him

He will never force His Way
His Way is simple
It is to Love us and then to wait
To keep loving us and to keep waiting

His Love waits
It waits for us to discover riches within our own being
They are given, received and offered
Always from something much Greater than ourselves

*Set your heart first on His Kingdom and His goodness.
Matthew 6 v 33*

Being Faithful

We are asked to be faithful in the small things
Those things which seem in so many ways
To be insignificant and not to matter

Small things do matter
We know this most clearly when we receive them

A smile, a kindness offered
A hand given in friendship
These small things are all aspects of love

Although we may so easily overlook them
It is these simple things which
When reflected in heaven's eyes
Are the most glorious
The most abiding
And the most meaningful

These seemingly small things
Offer most service and love to God
To whom in all things
We are called to be faithful

Faithful to His Love
Faithful to His Spirit
Faithful to His Heart

*He that is faithful in that which is least
Is faithful also in much
Luke 16, v 10*

The Grace of God

God brings His Grace into our lives
But He asks us to stay close to Him
To walk with Him
And to offer ourselves to Him
As we journey through our days

As we go about our daily life
Think of the things we most need and ask
Simply ask for God's help

And God, by and through His Grace
Will make Himself known and His Presence felt
So we may be helped each day

For His Love will carry us
His Love will hold us
And His Love will bring us the Peace we most need
As well as the Strength to carry on when it is hard

Go to God and find God waiting
Waiting to bring all we most need to live well
And to stay close to His Heart

By and through God's Grace
All things are possible

*Stay with Me. Remain here with Me.
Watch and Pray.
Matthew 26, v 38*

We Follow

Part of our role on this journey
Is to recognise our need
To turn to the One who will show us the way

He will guide our footsteps

He knows the paths
He has travelled these routes before
And will lead us with His Wisdom and Experience

His Love will show the Way

We must come humbly
Prepared to travel with Him
With His Guidance
We shall follow Him
And know that in His Hands
Our journey will reach its destination

The Lord will guide you continually.
Isaiah 58, v 11

A Heart that waits.....

A heart that waits on God
Will receive
A heart that comes to Him
Will know His Love
A heart that seeks to serve
Will be replenished

Any who come seeking to empty themselves
In order to receive
Will find His Love will enter in
For the Love of God is overflowing

We are asked simply to come
With a waiting heart
And be ready to receive
That we may then give

God's Love flows in to help us to give
All giving may then be done
In His Name
And through His Infinite Strength

My Strength is made Perfect in Weakness.
2 Corinthians 12, v 19

Abundant Flow

Think of a spring of pure water
Bursting forth through rocks
And never ceasing

As people come to this spring
Laden with their empty containers
They are ready to receive
For this water flows continually
And is there to refresh and revive all who come

So also with God's Words, His Presence and His Love
All flowing free and readily available
Each one of us is invited to come and receive from Him

Come as an empty vessel
Ready to receive
Make space within oneself
Laying down one's cares
For that which flows
Cannot enter in to something that is already full

Come in simplicity and humility
And be filled by the outpouring of His Love
Pure and undefiled
Given simply and in truth
To all those who come prepared to receive
From the Source of His Abundant Flow

Not as the world gives, give I unto you.

John 14, v 27

Outpouring Love

Outpouring Love
Given that the world may be free
That the world may know
But so often denied, abused and rejected

Outpouring Love
Given freely and always offered
But so often disregarded, ignored and walked past

And to those who come
To those who will listen
So much can be given, so much can be received

This outpouring Love can change lives
It works from the inside out to transform and amend

This Love does not give up
Nor cease to flow
It only waits for a willing heart, to come and receive

It only waits for simple souls
To love Him in return
And offer themselves then to others

So this Love may continue to spread
And flow out into the world

*He was despised and rejected and
we have turned to our own way.*

Isaiah 53, v 3 & 6

An Open Invitation

He cannot make you love Him
But He can love you

He cannot make you seek Him
But He can invite you

He cannot make you do anything
Nor does He seek to

But His sincerest, deepest desire
Is that you will come
And know the Love He has for you

That you may feel it in your heart
Know it in your mind
Be aware of it in your life

Knowing that you can always turn to Him
In each moment, you can come

Come to Him and receive
Of His ever outpouring
Revitalising
And healing Love

The Desire of My Heart... ..
Romans 10, v 1

His Kingdom of Love

Infinite Love calls us Home

Our Home is in Him who made heaven and earth
We belong to Him and He calls us to Himself

His Love welcomes us Home
For as we travel towards Him
He is beckoning us towards His Love.

Love it is that is His Kingdom
Love it is that knows our hearts
And calls us Home.

For we are faraway when we have not Love
We are far from ourselves when we do not love

Love unifies us
Brings us together
Helps us to heal our world

For the world needs Love
As we each need love

And Love it is that calls us to Himself
In order to make us whole and once more complete

In Him we live and move and have our being.

Acts 17, v 28

Draw Close

Draw close to His Heart
To His Infinite Heart
That His Love may grow in you

Draw near to His Love
To His Infinite Love
That His Peace may dawn in you

Allow His Peace and His Love
To dwell in your heart and mind
And bring you a sense of His Presence

For as you seek His Heart
You may find His Heart already present

As you seek His Love
You may find His Love a constant in your life

For these things never leave you
They are part of what He offers continually
And of what flows constantly from His Heart

Come, that you may receive
And Know

Be Still and Know that I am God.

Psalm 46, v 10

His Love is Waiting

As you seek to draw closer to God
And nearer to His Love
You will find that He is waiting

His Love does not go away or wander
It does not look elsewhere

His Love remains fixed and certain
Yet ready to move
And to flow into our hearts

And so He brings you gifts
Gifts that no-one else can give to you

Gifts which touch your soul
And draw you nearer still

Gifts which come from His Heart to your heart
Gifts which come as an expression of His Love

Every good and perfect gift is from above.

James 1, v 17

Choices

Every day we have a choice
In each moment we can choose
An act of kindness to others
Or to satisfy ourselves

The choice is simple

We each have the choice
But we too are subject to the choices of other people
How they act affects us
As much as our actions affect others

If each one of us could seek to act
More kindly
And with gentleness and forgiveness
Then all our lives would be enriched
And the world could become
A better place

Where His Kingdom of Love
Could come on earth
As it is in heaven

Thy Kingdom Come
Matthew 6, v 10

A Philosophy

Life can change
From the inside out

Let us begin on the inside
Getting our hearts right

Aligning ourselves to truth
Acting with kindness

Living in Love
Not dwelling on faults and mistakes

Rather rejoicing in the good things
So that they may grow

And the other things become less
For they do not deserve the attention

As much as those things
Which change us for the better

And come from the inside out

The Kingdom of Heaven is within you.
Luke 17, v 20

Fullness

What appears to be nothing is not nothing
It is simply that which we cannot see

But it is present
It is encouraging
It is Love

Not visible, but present
Like the wind blowing where it will
Leaving us breathless at times for its beauty
And its warmth enfolding us

Gently guiding us
Leading us
And showing us the Way Within

Where this Nothing
This Beauty
Exists in all its fullness
And fills us with Its Love

My Kingdom is not of this world
John 18, v 36

Exceptional Love

We are each invited to live in God's Love
To accept this Love as part of our daily lives

Whatever else befalls us
This Love surrounds us
It upholds us
And supports us
And offers us comfort
In the storms and trials of life

This Love is not held back
Nor is it contained
It is free-flowing
And generous in its outpouring
Those who come to receive from its Source
Will not be disappointed

They will not leave empty-handed
They will be refreshed
They will be nourished
They will be revitalised in Him
The Source of this ever-flowing and
Freely-given Love

*I have loved you with an everlasting love.
Jeremiah 31, v 3*

Holy Spirit, Our Hope is in You

Help us to know You are with us

So that we stop trying always to be in control

And may hand ourselves more fully to You

And to Your Life-Giving Love

May we know in our hearts You are always near

And that in each moment You are present

So we can learn to be more open

To the reality of Your Presence in our lives

Waiting to help and sustain us

Not only when we seek to be near You in times of prayer

But when we so easily forget You in our daily lives.

Help us to remember!

So we may live each day with Hope in You

Filling both our hearts and our minds

In the Name of Jesus Christ our Lord

Amen

To God be the Glory

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