

# **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.



## INDEX

Rest in the Lord	9
Love is of God	10
Lord of all Light	11
Ever with Us	12
Let the Spirit Flow	13
The Infinite Heart	14
Gifts from God	15
Come to Him Often	16
Eternally Given.....	17
Within	18
Drawing Near	19
An Open Heart	20
Rest and Be Glad	21
Saving Grace	22
Hope In Him	23
Best Friend	24
Thankfulness	25
Accompanied	26
Look to Him	27
All is Known	28
Food	29
Enfolded	30
Full Circle	31
To be Made Real	32
Look!	33
Heartfelt	34
The Seed	35
The Still Small Voice of God	36
Centred Living	37
Simplicity	38

Giving and Receiving	39
The Source of Abundance	40
Quietly	41
Our Guide	42
The Light of Life	43
Each New Day	44
Lift Up Your Hearts	45
The Garden of the Soul	46
The Fire of His Love	47
Dance!	48
My Heart was Strangely Warmed	49
The Well of God's Love	50
Drink Deeply	51
The Path of Life	52
More to Life	53
His Spirit and Ours....	54
Being Faithful	55
The Grace of God	56
We Follow	57
A Heart that Waits	58
Abundant Flow	59
Outpouring Love	60
An Open Invitation	61
His Kingdom of Love	62
Draw Close	63
His Love is Waiting	64
Choices	65
A Philosophy	66
Fullness	67
Exceptional Love	68
Prayer: Holy Spirit, our hope is in You	69

## **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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