



Sunday, Jul 7th, 2024

Worship Music:

- All Who Are Thirsty
- Comes As You Are
- You Say
- Good Good Father
- Enough
- Wonderfully Made

The Bird and the Rabbit Family: Silent Reflection

Once you've found a quiet place somewhere by yourself in the garden, take a moment to soak in your surroundings. What is the most beautiful thing you see?

Take a few minutes to relive the story. Watch it unfold before your eyes. Imagine the bird flying from perch to perch, searching for little treasures. Imagine the rabbit burrow hidden off in the distance.

Do you resonate with any of the characters in the story (eg. the bird, part of the rabbit family, one of the other forest animals)? What was it about them?

Have you ever felt like the bird—worried you were not enough on your own?

A lot of folks have felt stupid, and ugly. And most of us have tried to *earn* other people's affection and love. Are there relationships in our life where we are still trying to earn acceptance?

How do we act, who do we become with the thought that we need to earn love and acceptance?

Do we try and steal value from others in order to bolster our own?

Do we try to build relationships with people who won't ever accept us for who we really are?

Are constantly afraid that we may lose people's acceptance?

King David famously wrote, "*For you created my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully (awe-inspiringly) and wonderfully made*" (Psalm 139). And the Apostle Paul wrote to the believers in Ephesus, "we are God's masterpiece" (Ephesians 2:10).

Who would we become, how would we act, if we remembered that we are the most beautiful and treasured created thing. What if we really believed that we are God's masterpiece of creation?

Could we more easily find and appreciate the value in others?

Would we choose better the kinds of relationships we invest in?

Would we have more confidence and less anxiety?

See if you can find the beautiful thing you saw before, did you realize it pales in comparison to your awe-inspiring beauty?