



Sunday, Jul 28th, 2024

Worship Music:

p. 13 - Look Up Child

p. 11 - I Will Carry You

p. 18 - Through and Through

p. 14 - Nothing I Hold Onto

p. 3 - Beautiful Things

p. 3 - Blessed Be Your Name

Round in Circles: Silent Reflection

Once you've found a quiet place somewhere by yourself in the garden, take a moment to soak in your surroundings. Enjoy a nice deep breath and a slow exhale. Look around and see if you can notice something of beauty that only you can see that no one else can.

Have you ever found yourself flying in circles? Or is there an area in our life where we feel we are running up against a wall? Or maybe there is a situation or problem we are trying very hard to change, but nothing seems to be working.

The Apostle Paul warns the Christian believers in Rome, "*Do not conform to the pattern of this world, but be transformed by the renewing of your mind. (Romans 12:2a)*". Could Paul also be warning the believers about their *own* unhealthy and unproductive patterns?

What might you be missing? What about your unique personality, ego, and lived experience may block you from learning, growing, and trying something different?

Do you notice yourself experiencing any resistance to this story? In other words, do you find this story annoying or pointless? What could you learn from your reaction?

Paul also warned the early church in Corinth, ¹⁸ Do not deceive yourselves. If any of you think you are wise by the standards of this age, you should become "fools" so that you may become wise. ¹⁹ For the wisdom of this world is foolishness in God's sight." 1 Corinthians 3:18-19a NIV

Could our reliance on our own understanding and intelligence keep us from new perspectives?

Can you see yourself as the moth? Could our focus on other people's problems put us in danger of ignoring areas in our life that we may need some growth or learning?

See if you can find that thing of beauty from before; focus on it. And then allow yourself to zoom out and experience the beauty that surrounds you.

What if we could pause our life just for a moment and "zoom out" from whatever problems or issues we may be facing? How might a bigger-picture perspective help?