



**Sunday, Aug 11<sup>th</sup>, 2024**

**Worship Music:**

p. 2 – Awake My Soul

p. 14 – O Worship the King

p. 5 – Canvas and Clay

p. 8 – Good Grace

p. 5 – Come As You Are

**Jean and Jane: Group Guided Reflection (a prayer of examen)**

**Opening petition:** *Gracious God, open our hearts to listen to your still small voice within.*

**Question 1:** (Opening to God's active presence)

*In God's loving presence, I unwind the story of Jean and Jane. I consider the parts of these two that are life giving to the world. I consider how I have similar qualities that bring goodness to the world. I gather in all the goodness and light, in gratitude. From this story and how the characters are positively similar to me, what am I most grateful for? For instance:*

- What has particularly moved me to joy, peace, gratitude, forgiveness? What makes me smile in this story.
- What circumstances or experiences in my life are similar to those of Jean and Jane, and how has that nurtured me?
- Like Jane's response to Jean, is there a relationship in my life that has specially embodied the gift of Christ's love to me despite my weaknesses or insecure self-image?

**(silence)**

**Question 2:** (Discerning life from God's perspective, how God is at work drawing you into love) *I return to the story, and I now attend to the shadows in this story and what they say to me – I seek healing, courage, and forgiveness. Where do I see God's Spirit at work in the shadow part of my life? For instance:*

- What destructive images of myself or of God am I living with.
- What might God be wanting to say to me or invite me to as I hear my own story in this story of Jean and Jane? (e.g. to trust in a deeper way)
- How might God be wanting to care for me?
- Do I sense any resistance to God that I can name and trust God with?

**(silence)**

**Closing Prayer of Trust**

*Gracious Spirit we acknowledge that you are present in all the light and shadows of our day. We trust that you will speak to us through that for which we are grateful and through those things in our life that we find difficult. Teach us to trust you to lead me into greater freedom and love, as you live in me each day .*

(silent pause)....Amen.