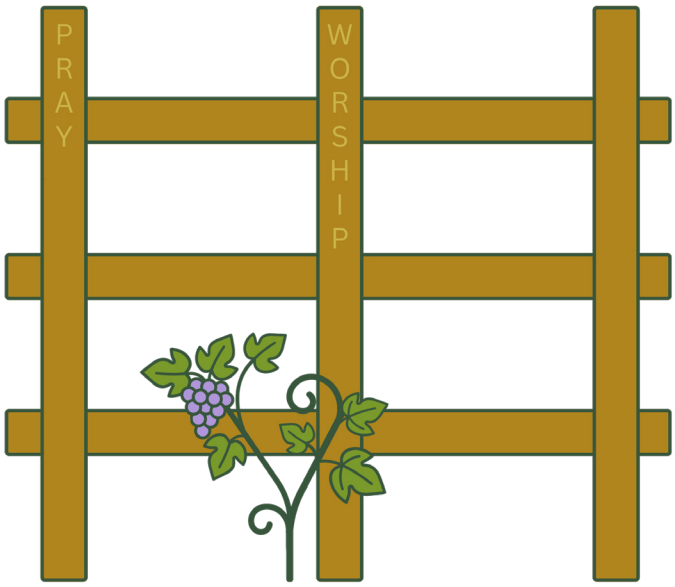
Diocese of Hereford
FLOURISHING TOGETHER
Season of Renewal



SESSION TWO

Watering: private prayer, public worship

AIM: Today we reflect on our use of time and resources

'I no longer call you servants, because a servant does not know his master's business. Instead, I call you friends, for everything that I learned from my Father I have made known to you. When the Advocate comes, whom I will send to you from the Father—the Spirit of truth who goes out from the Father—he will testify about me. And you also must testify, for you have been with me from the beginning.' *John 15:15,26,27.*

REFLECTION

What is refreshing the soul and replenishing ministry?
Safeguarding Private Prayer: The Prayer of Quiet; Shared and Spoken
Cherishing Public Worship: self-offering and our response to God.

QUESTIONS

1. What space do you make at present for silent waiting on God? How does this length of time compare with the duration you spend, for example, attending to TV, surfing online, preparing meals? What does that say to you about balance and priorities?
2. It is so easy in the Christian life to become spiritually parched, but we can turn aridity of soul into fresh thirsting and longing for God. What is your experience of finding refreshment in prayer or worship?
3. How do you listen to God? Do you struggle with silence, or welcome it?
4. What does the Eucharist mean to you? Consider how you prepare yourself for worship: revisit your expectations.
5. Do you consider your financial giving to the Church as an aspect of worship? When was the last time you reviewed that?



PRAYER EXERCISE

Make a careful review of the previous day as in the tradition of the *Ignatian examen*, which invites us to reflect at the end of each day on where we felt closest to God in that period. Note down on a piece of paper how you have used time in the last 48 hours. What time was dedicated to prayer, silence, engaging with others, study, recreation, work or daily tasks, rest. Was there any time for worship, be it personal or corporate? Any time for creativity or playfulness? Where and when did you sense God's presence? What do you make of Paul's words: 'Pray at all times' (Ephesians 6:18) or 'pray without ceasing' (1 Thessalonians 5:17)?