

SESSION 4

Wonder



In this session we are exploring how we can 'Walk with Wonder'- being present and bringing curiosity that enables us to notice where God is at work in our life.

“Earth's crammed with heaven and every common bush a fire with God. But only he who sees it takes off his shoes. The rest sit around it and pluck blackberries.”

Elizabeth Barrett Browning

REVIVE

Breathing Prayer

'Give thanks to the Lord, for He is good. His love endures forever' - Psalm 136:1

RELATE

- Last week we unpacked the rhythm of Stillness. Do you have any reflections as you have continued to think about this during the week?
- Is there something you have tried this week that you have found helpful?
- What does the word Wonder mean to you? Does the word create any feelings in you?
- What does Wonder look like in your life?

REVIEW

Watch the video - 'Session 4 - Wonder'

RESPOND 1

Spend a few moments in quiet. Use the How, Bow and a Wow resource as you spend time reflecting on the wonder of God.

You might like to have some quiet, reflective music playing as you do this

REFLECT

- Was there anything that stood out to you, particularly, as you watched the Video on Wonder?
- Was there anything in the video that made you wonder How? or exclaim in wonder Wow!
- What are the things that might get in the way of a rhythm of Wonder for you?
- What might it look like for you to Walk with Wonder?
- Read the top tips and ideas for Wonder. Is there anything that might work for you?

RESPOND 2

What is your take home from today?
Is there something you are going to do differently this week?
Is there something you are going to try out?

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Living Well

A How? a Wow! and a Bow

Socrates once said 'Wonder is the beginning of wisdom'.

Walking with Wonder is an important rhythm as we consider the pace at which we approach life. It tends to be something that children do far better than adults. As adults, it is so easy for us to become complacent about the world around us and bruised by difficulties in life that our sense of wonder can be tarnished or replaced by pragmatism or cynicism. As our weight of responsibility grows and life becomes busier - we can be too distracted by what is going on around us that we forget to be present, to notice, to enjoy and to wonder ...

Being intentional about noticing the Wonder that surrounds us can help us to practise forming a rhythm of Walking with Wonder.

This simple reflection tool can be a great conversation starter at a family mealtime as you share in each others days and notice the Wonder.

Or perhaps you might like to simply sit with a cuppa on your own for a few moments and ask God to bring to your attention where He has been revealing His wonder in your day as you sit and reflect.

HOW?

What has made you stop and think
'I wonder how ...?!' today?

WOW!

What have you noticed that has made you think
'Wow - that is awesome!!'

BOW

When have you noticed God at work in
your life today?

'You'll never find a rainbow if you're looking down'
Charlie Chapin



SESSION 4

Wonder - Top tips and Ideas



These are just a few ideas that I have tried as I have explored what Living Well looks like for me. Some may work for you, some may not - but hopefully it will give you a few ideas to kick start your own journey!

lisa

PAUSE

Last week, we explored what it can look like to punctuate our day with moments of Stillness. I have found that those regular moments of Stillness help me be more present in each day and so, make space to notice and then wonder.

NOTICE AND REFLECT

As we pause, we make space to notice where God is at work in our life and can reflect on His goodness. The reflective practice tool that we used earlier in this session, 'A How, A Wow and A Bow', is a great way of giving us some structure as we begin to build this rhythm into our daily lives.

Another tool that I find really helpful with this is the ancient pattern of prayer called the Examen that we looked at last week. The Examen is a pattern of prayer, traditionally done by many religious orders both at lunchtime and in the evening, that invites God to help us prayerfully reflect on the day that has passed, asking Him to draw our attention to where He has been at work in our life and encouraging us to consider our responses in those moments. I have found that praying the Examen has helped me notice the faithfulness of God as I have stilled myself in the evening. It is also an incredibly soothing and peaceful way to end the day and approach the rest of the night.

GIVE THANKS

Wonder and Thankfulness go hand in hand and a great way to reflect on the goodness of God and make sure we notice His Wonder in our day is to start by considering what it is that we are thankful for.

"What's been the joy in your day?" was an encouragement and challenge among colleagues in a school I once worked in that helped us all to shift focus - and we found that, even on the most difficult days, we could always find an answer.

Keeping a gratitude diary, or simply writing down 3 things you are thankful for at the end of a day, is something that is widely advised by healthcare practitioners and mental health champions as something that is beneficial and can strengthen and support mental health. As with most good things, it was God's idea first - the bible is full of encouragement to give thanks with a grateful heart. As followers of Jesus, our thankfulness can bring a richness and depth that makes space for wonder as we spend time in the presence of the One to whom we bring our thanks.

What is the first step you are going to take towards building a rhythm of Wonder in your life this week?

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