

## Celebration of the simple : trust at breakfast-time

Awaken me to your presence  
Alert me to your love,  
Affirm me in your peace.

Open to me your way  
Reveal to me your joy,  
Enfold me in your warmth.

For my heart is ready,  
Holy One, my heart is ready.

*...silence...*

### ***The sacred gaze***

Focus on the painting in front of you. Let it engage you – affect you.



What do you see? Let your eyes travel over the whole of the image – and then rest where your attention draws you most.

Where do you feel invited to stop? Where do you feel least invited to dwell?

Where do you feel comfortable? Where do you feel uncomfortable?

Position yourself somewhere in the painting.

Give the painting a name which is a feeling word (anger, joy, peace, hurt..)

What happens to you as you gaze at the painting? How do you feel?

Do you like the painting? The colours? The subject matter? Why?

As you continue to gaze at the painting, what might you hear Jesus say to you? How do you respond? Feel invited to speak to the Holy One.

Take your time. Linger as you wish. When you let go of the immediate engagement with the painting, consciously notice your breath flow through you – and relax.

## **Reflection**

Letting the story in John 21.1-23 come to mind, what comes up for me? Does it reflect my life in any way?

Consider simple goodness – of honest labour, of comradeship, a boat on a lake, engagement with the natural world, a breakfast barbecue, renewed friendship – wholesomeness, abundance, nourishment and simplicity ... where do these feature in my life?

Where are the invitations to celebration and transformation?

## **Response**

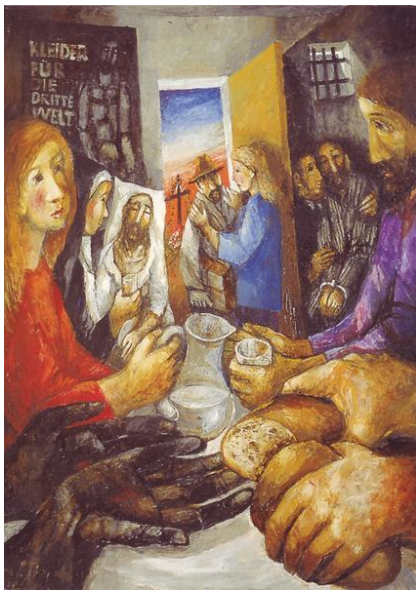
*Hear the words of Psalm 107.*

O give thanks to the LORD, for he is good; for his steadfast love endures forever.

<sup>2</sup>Let the redeemed of the LORD say so, those he redeemed from trouble

<sup>3</sup>and gathered in from the lands, from the east and from the west, from the north and from the south.

O give thanks to the LORD, for he is good; for his steadfast love endures forever.



### **And what next?**

“They devoted themselves to [Peter’s] teaching and fellowship and to the breaking of bread ... and ate their food with glad and generous hearts ... having the goodwill of all the people ...and they were filled with wonder and amazement at what had happened ... and [some] came to them much annoyed because they were teaching people and proclaiming that in Jesus there is resurrection of the dead ... Now when they saw the boldness of Peter and John and realised they were uneducated and ordinary men, they were amazed and recognised them as companions of Jesus ...Now the whole group of those who trusted were of one heart and soul... everything they owned was held in common ... there was not a needy person among them.” (from early chapters of Acts)

## **Rest**

Rest in the presence of the One who loves you. Trust that the Holy Spirit is at work in the depths of your spirit, deepening your faith.

Let the images and their message move from your head to your heart to dwell there in peace-full silence.

May the gentleness and strength of the Holy One  
The delight and vulnerability of thy Way of Christ  
And the graceful mystery of the life-giving Spirit  
Be with you now and always.                      AMEN