

Seasons of the Spirit: Week 2 Prayer and reflection exercises

Spring

As the days lengthen and the sun rises higher in the sky, buds break from bare branches, green shoots press through the earth. In the DNA of all living things is the impulse to become. God's Spirit within our spirit is always pressing through, drawing us into larger life, desiring to reveal our true self and to express this true self.

A seed opens, a shoot emerges, the first leaves unfurl – where is all this growth going – what will it become?



Spring: water for life

The word 'spring' is rich within our language. A spring is water drawing upwards through the rocks, bubbling to the surface, creating streams that shape the very landscape; awakening life wherever they flow.

We are being drawn out of whatever keeps our life in narrow bounds: – held down by fears, constricted by the harms of past experience [or past judgements] that told us we were ugly and had nothing of worth to say or do.

We are being drawn into the vulnerability of trust in God's Spirit within our deep spirit: all that enables us to express who we are with freedom and generosity.

*What fresh, spring water
is bubbling up within you?*

Mark 4.26-32 / Hosea 6.1-3

Bible passages for reflection and prayer:

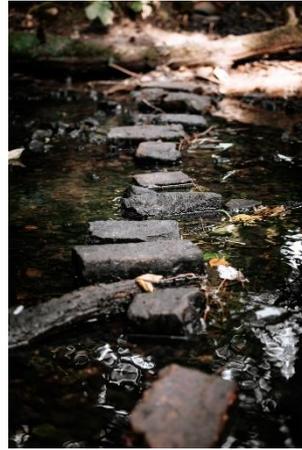
Psalm 84 / Song of Songs 2.8-14
Isaiah 43.18-21 / Isaiah 41.17-20



Spring: a leap of trust

The presumption I would like to see present in this house...is to have a holy daring
[Teresa of Avila: The Way of Perfection]

A spring is a leap. Imagine you are crossing a river, moving from one stepping stone to another. As you reach mid-stream you see that the gap to the next stone is a larger one. You could turn back of course, but then you would never reach the other side of the river. So, summoning up a daring you might not wholly feel, you leap across the water to the next stone.



The season of spring has moments like this: on a single day a flower dares to open; a leaf spreads out in search of the sun.

Think about a moment in your life when you showed some 'holy daring'. What is daring for one person is different from what is daring for another. Perhaps you dared to be different [to be yourself!]; perhaps you confronted an old fear; perhaps you said 'yes' to doing something that was outside the familiar and known.

- What prompted you to take that leap?
- What was the fruit of that daring?
- What might have been lost had you not taken that step?

Now come to this point in your life. In what way are you now being invited to move by holy daring? This could be to do with being drawn more deeply into God through trust. Or perhaps there is some way you are being called to let go what is false in

you, and live out what is true. Or you might feel moved to use your God-given hands or voice in response to a need you have become aware of. What are you dared to do...or be?

Spring: A coil of metal that when pressed down, rebounds.

The early months of 2021 were long and hard ones. Lockdowns, daily updates on Covid deaths and to make it worse the wind blew from the North and the East, driving in the cold and the cloud. If we didn't know it before we experienced how spring comes when it comes and not on a date of our choosing. Yet it comes. The bud wakes, the leaf unfurls, the birds build nests. The grey is greened afresh.

What within you, is stirring back to life?

What is still dormant, awaiting its time?

