

15 MINUTE EXERCISE - Stilling

This version is essentially the same as the a) Awareness exercise and b) Thank you/Sorry/Please exercise added together. Simply extend the time span for b) to 3 minutes instead of 1 minute as outlined below:

When you are ready, you might like to place your hands facing palms upwards on your knees. Think about the good things you have received from today, from the weekend, from the last week. You are invited to thank God for these gifts which he has placed into your hands.

KEEP SILENCE 3 minutes

Next place your hands facing palms down on your knees. Imagine you are now dropping things. These might be things which feel heavy, tiring, shameful, burdensome, difficult, or awkward to carry. Let go of them and you might like to ask Jesus to take them for you, to share them with you or to free you from them. Let go and let God... carry your burdens. This is a meaning of the cross.

KEEP SILENCE 3 minutes

Finally, turn your hands palms upwards on your knees, ready to receive. What would you like to receive in the rest of the day, or the days ahead? What do you long for in the deepest core of your being? You are invited to ask God for this thing.

KEEP SILENCE 3 minutes

We are human beings not human doings. The Bible says, "Be still and know that I am God" (pause)

You might like to end with a sentence of scripture such as:

"Be still and know that I am God" from Psalm 46.

or teach them the Grace. You say it and then they repeat after you:

"The grace of our Lord Jesus Christ, the Love of God and the Fellowship of the Holy Spirit, be with us all now and forever, Amen."

Open your eyes, come back into the room, have a stretch.

[If the group can handle this then encourage everyone to smile, and to make eye contact with the room, if not then you as the leader pause, smile and make eye contact]

Thank you for participating.