

## **Going Deeper**

*Discussion Q's- Online Service 29th March*

Take counsel with God and with your own soul, asking ***what emotions are coming up in your heart right now?*** Maybe it's been a while since you've taken the opportunity to think about your feelings so let me list a few things that could be coming up right now lurking in the depths of your own heart: maybe it's fear, anger, frustration, impatience, anxiety, fatigue, uncertainty, insecurity, worry.... ***Take time and let God bring these things out into the light.***

Now let's get a bit more specific and sit with the fears you might be experiencing right now. ***Where are you finding it difficult to trust? Are there people you're concerned about right now? Ask God to reveal fears*** (including those that you might not even be aware of)

***How are you doing with a loss of control?*** With so much of our normal day-to-day decisions being decided for us, and with so much of our independent freedom now being restricted, are you experiencing a loss of control that is perhaps evidencing itself in short temper or even outbursts of anger? God will meet you in that place. Take time to reflect on what you're experiencing in your heart, and let God speak to you about what is there.

Given the unprecedented nature of what we're experiencing right now, these emotions and these responses are certainly understandable, they're a part of our human experience. But the goodness of God says we don't have to stay in that place of fear, anxiety, or anger- because our ***God is a refuge, strength, and fortress. Sit with that picture. Imagine a fortress, picture yourself within its walls. What feelings and emotions come up as you picture that? What do you want to hand over to him today?***

To close this kind of reflection I leave you with a meditation from St Patrick taken straight from Psalm 46.

*Be still and know that I am God*

*Be still and know that I am*

*Be still and know*

*Be still*

*Be*

