

What's in Your Hand: Time to Respond

What's in Your Hand? What's in My Hand? This is an opportunity to respond to God. To Pray and to listen to what he has to say to us. If you are using this reflection at home then jot notes down from your reflection after each section. Remember that God created you, he love you and wants to meet with you in this time.

1. What's in your hand? Close your eyes and open your hands if you feel able to do so.

What are you offering to God? Are you able to offer your story with its high points and low points with all its brokenness? Are you able to ask for forgiveness where you need it? To bring painful experiences to him and ask him for healing and to take that part of your life story to help others? Ask him to show you over time how he can use your story in his story and to give you an inkling this week of how this can happen.

Pause for quiet reflection and prayer.

2. What's in your hand?

Think about your primary altar where you serve with your availability and abilities during the week. Can you surrender this place to him with all its difficulties and let God know that you are available for his purposes there?

Will you bring to him your abilities however small you think they are and ask him to take them and multiply them to bless that place?

If you have time, but are unsure how to use it purposefully tell him about that and ask him to point out to you where in his world you can offer this wonderful gift?

Pause for quiet reflection and prayer.

3. What's in Your Hand?

The Psalmist says:

'Unless the Lord builds the house, its builders labour in vain. Unless the Lord watches over the city, the guards stand watch in vain.

It is easy to get caught up with our own plans for our work, our lives, our families, our church. Is God part of everything you do? Are there any areas of your life where you are going it alone, and therefore 'labouring in vain'?

If you feel this represents you this may be a call to penitence and faith. Offer those areas of your life that you have been holding on to tightly to God. It may help to clench your fists and then open your hands before God as a way of marking this.

Bring your labour to God whether in the home or at work. Tell him that you want to fully depend on him. Name the places and relationships where you want to do that. Ask for his help

Pause for quiet reflection and prayer.

God will equip you!

Hebrews 13v.20-21 Now may the God of peace, who through the blood of the eternal covenant brought back from the dead our Lord Jesus, that great Shepherd of the sheep, equip you with everything good for doing his will, and may he work in us what is pleasing to him, through Jesus Christ, to whom be glory for ever and ever. Amen.