

Looking at life with God

Continue to work out your salvation with fear and trembling, for it is God who works in you to will and to act in order to fulfil his good purpose. (Philippians 2:12-13)

Here is an exercise you might like to do every day this autumn (or beyond) or maybe every day for one week. It is best done in the evening as a way of reflecting on where God is at work in you and your life.

LOOK UP – tune in to God

Thank God that he has been with you this day whether you have remembered him or not.

Ask him to be with you now as you look back over the day.

LOOK BACK – in thanks

Think back over your day – however it has been.

Think of the parts you have enjoyed and thank God for them.

LOOK BACK – with God

Think back over your day – perhaps the less good parts.

Replay them in your mind with God there.

Go gently. Don't judge or analyse yourself or others but ask God to show you where you have let him be in you, and where you have refused to let him be in you. Thank him for the former. Ask forgiveness for the latter.

LOOK FORWARD – with God

Look briefly at the day ahead.

Ask God to be with you in every part of it.

Give the opportunities and the problems to God.

TRANSFORMING LIVES

God of every time and place,
you hold each moment and shape each day;
by the gentleness of your Spirit transform us,
with the gifts of your Spirit equip us,
in the boldness of your Spirit send us out,
to serve you and transform the world,
in the name of Jesus Christ our Lord. **Amen.**

