

Living with it

You'll just have to live with it! We have no choice but to adapt our lives so that we are following the public health advice and keeping ourselves and others safe. These changes have been difficult for many of us, so this series of reflections has been created as a response to the physical distancing that we have been practicing and the isolation that we have been feeling. While we have no choice but to live with the pandemic, we do have choice in the way that live. How we live with it is the theme of our retreat.

Each of the 5 reflections was created so that you could spend as little as 10 minutes or as long as 30 minutes in silent prayer and reflection for each of the reflections.

Begin by quieting yourself and asking God to be present with you during your time of reflection. Next listen to the music selection- appreciating both the words and the music. Then read the passage from Scripture – taking time for the words to seep into you. Reading the passage over a number of times – each time being aware of what you notice will help with this. Then spend time contemplating the questions: some people find that journaling helps their reflection. And then end your time with God with a meditative prayer.

My hope is that this time will be a blessing for you.

Living with Peace

- **Be Not Afraid – Michel Talbot:**

https://www.youtube.com/watch?v=wQr4udSiEew&list=RDwQr4udSiEew&start_radio=1&t=46

- *Scripture: Deuteronomy 31: 8*

It is the LORD who goes before you. He will be with you; he will not fail you or forsake you. Do not fear or be dismayed.”

- *Questions:*

- *What are the things that are causing me distress during the pandemic?*
- *How does being close to God give me peace?*

- *Prayer:*

Lord, place Your peace in my heart, for I am worried and anxious.

But I trust Your goodness and Your wisdom: so I place myself in Your hands and pray that You fill my heart with peace.

Living with Joy

- Music Selection: **Joyful, Joyful we adore thee – Mormon Tabernacle Choir:**
<https://www.youtube.com/watch?v=g3RhvVfCOII>
- *Scripture: 1 Thessalonians 5:16-18*
Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you.
- *Questions:*
 - *How have I experienced joy during this time of isolation?*
 - *What things in my life have I come to appreciate more?*
- *Prayer:*
 - Loving God, you know best what I need and what brings me joy.
Give me the strength and courage to find joy in the midst of this pandemic.

Living with Faith

- Music Selection: **Day by Day**: *Shirley Bassey*
<https://www.youtube.com/watch?v=IXSx9NUfmsI>
- *Scripture: Psalm 42:1*
As a deer longs for flowing streams, so my soul longs for you, O God.
- *Questions:*
 - *How is my faith in the promises of God strengthened at this time?*
 - *What can I do to draw closer to God each day?*
- *Meditative Prayer:*
 - *Day by day, dear Lord of you three things I pray:
To see you more clearly, to love you more dearly, to follow you more nearly*

Living with Compassion

- *Music Selection: Brother, sister let me serve you:* <https://www.youtube.com/watch?v=hlNoxoOocZs>

- *Scripture: Colossians 3: 12*

¹² As God's chosen ones, holy and beloved, clothe yourselves with compassion, kindness, humility, meekness, and patience.

Questions:

- *How have I experienced God's compassion during this time of social-distancing?*
- *With whom in my life can I share God's compassion?*

- *Prayer:*

May the Christ who walks on wounded feet walk with you on the road,
May the Christ who serves with wounded hands stretch out your hands to serve;
May the Christ who loves with a wounded heart open your hearts to love;
May you see the face of Christ in everyone you meet;
And may every one you meet see the face of Christ in you.

Living with Hope

- *Music Selection:* I watched the sunrise – John Glynn
- *Scripture:* Jeremiah 29:11
"For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future."
- *Questions:*
 - *What do I hope for during this time of transition?*
 - *How am I preparing what will come next?*
- *Meditative Prayer:*
Loving God, you are always close to me, following all me ways
May I be always close to you, following all your ways Lord.