

So we call, notice, celebrate and rest. That is what we do between life and death, elation and depression, sickness and health.

Communion is our second spring leading to a stream of life

Group Questions:

1) How are you going to put yourself in a place so that you are better able to listen to God?

Developing our relationship with God

- Christians choose to be in relationship with God - Father, Son and Spirit.
- Prayer is primarily how we develop this relationship
- In prayer we both listen and speak.
- All relationships have to be developed.
- Our relationship with God will only grow if we cultivate it.
- We can learn a lot about communicating with God, by looking at how we communicate with one another.
- In our relationships we express a whole range of communication styles.
- It can be more difficult to communicate with God though because we cannot see him, touch him or audibly hear his voice.

God helps us: he gives us his Spirit/ scripture/ the experience of others

Some tools which have been given to us:

- Structured daily prayers – available in printed form and on the web (www.cofe.anglican.org/worship/dailyprayer)
- Our local church also has daily times of prayer
- Join a prayer group
- Pray with friends
- Scripture
- Read large sections - get involved in the big story of God who is passionately involved with the people he created and loves.
- Read small portions - contemplate, just sit with Jesus and listen to what he may say, observe him with our emotions not our eyes.
- The Psalms model how to express a full emotional life with God
- Variety in Prayer
- Learn to pray in as many different ways as we communicate with each other (be real with God, don't pretend you are something other than what you are. God won't be deceived, but you may be – not healthy)
- Like exercise – don't just use the same muscles all the time or you lose body tone and become unfit

