

## **Wesley Quiet Space 18 July 2021: What is it that We seek?**

Teach me, my God and King,  
In all things Thee to see,  
And what I do in anything,  
To do it as for Thee.     **George Herbert**

It is silence that offers space for our lives  
Too big and complex to be explained by any words  
It is the silence of God that gives a home  
to all the hopes, the fears, the fragments, the layers, the tangents,  
the tangles and the tearings  
And in the silence God holds us, all of us, and tells us  
'You are mine.'  
The light, the dark, the shadow,  
the sun, the rain, the wind,  
the rainbow and our lives  
We seek to discover the silence of our God  
at the very centre of all that we are  
The living centre  
that makes the fullness of our humanity possible  
Silence is the only language spacious enough to include  
everything.                     **Richard Carter**

### **Silent reflection**

#### **Face to face**

Here in stillness  
Here as you breathe in deeply  
Let the presence of God unknot you  
And fill your longing  
Like the beauty of rain quenching a parched land  
Like sunlight's warming brightness after the dampness of the shadow  
Like the tenderness of love's touch after the brittleness of loneliness  
Like a flower opening imperceptibly  
Like a bird landing and coming close, unafraid, because in  
your stillness you are with him  
Like a shower of rain washing away caked dust  
Like the discovery of beauty when you thought it had gone away  
Like the moon reflecting a luminous light

Like the stars again when you thought they no longer shone  
Feel again the flow of God's life flowing in and out  
Untangling you from the inside out  
Like love unseen, unheard, undeserved, expanding your heart  
Broadening your world  
Christ rising in you  
The tomb becoming the place of resurrection.     **Richard Carter**

### **Silent Reflection**

#### **See the people you pass**

The lives they carry  
The stories in their faces  
The fragments of conversations you catch  
The relationships of those walking together  
The pain of some you pass like a cry of longing in your own heart  
    for the intimacy  
And the laughter  
And the colour and the youth and the age and their differing  
    heights and breadths  
Imagine the choosing of the clothes they are wearing  
See the person  
Notice the beauty of this diversity  
    the depth and richness and mystery of our humanity  
The beauty and uniqueness of each face  
Let this humanity also be your prayer  
    the understandable and the incomprehensible  
Each and every person made in the image of God  
Each person known by the Creator  
Each person loved by the Creator  
Be filled with compassion  
Look upon creation with the eyes of a loving father or mother  
Let this walking be your offering  
Let this walking be your prayer.

#### **Each day we need to find space to walk with God**

'Follow me,' he says  
To look, To hear, To touch,  
To breathe in, to catch the scent of God's season     **Richard Carter**

## **Silent Reflection**

### **Hope**

Each day is an opportunity for hope  
And hope will often arise from those deemed hopeless  
Learn to hope in God even when hope seems impossible and beyond  
Learn to hope in God's grace even when the rules of the world cry out  
that your values have no currency  
Learn to hope in God's love  
Hope as tender and ephemeral as a new shoot  
But which can make the desert bloom and song birds return

**Richard Carter**

## **Silent Reflection**

### **Blessing**

Blessings on the day  
born of night.  
Blessings on the earth  
wedded to heaven.  
Blessings on our bodies  
filled with dreams.  
Blessings on our hearts  
opened by love.  
Blessings, blessings, blessings  
blessings. John Philip Newell

## **Silent Reflection**

**Then to close we share the Grace together**

May the grace of our Lord Jesus Christ,  
The Love of God, and  
The fellowship of the Holy Spirit  
Be with us all, now and always. Amen

\* The Richard Carter readings are from his book: *The City is my Monastery*