

Dear Friends,

I wonder how you are feeling today?

What thoughts, concerns, ideas, possibilities are rolling around inside your heads?

Sometimes I find it hard to work out the essence of what I'm truly thinking and feeling – such is the busyness of life and the multitudinous tasks that fill up my 'to do' lists; it becomes hard to separate out my own issues from those that I deal with day by day.

What am I really concerned about?

What is truly important?

Where should I invest my energies?

Who needs me most?

I don't know if you ever feel like this – my guess is that you do, at least some of the time. So, what do we do if that's how things are for us? How can we work out what's going on in our heads and hearts?

We can pray – obviously! God's always ready to listen and has the amazing capacity of always 'being there', just for us – and everyone else, all at the same time. Isn't that amazing? That we have that personal and that all-encompassing a God, all wrapped up in one?

We can read our bibles, and then let the stories and truths we find within 'read' us – shining light into areas of darkness and uncertainty, or giving us hope when we feel despair, clarity when we feel uncertain or overwhelmed.

We can talk to a good friend – sharing our wonderings and ponderings and see if they have any advice to offer us, or an objective view that helps us to see things more clearly. Sometimes, just by talking things through, we can come to a better understanding of ourselves, as the talking helps us order our thoughts and work through possible ways of tackling things.

We can try stillness and silence – resting in God's presence and intentionally waiting and being open; or the gentle act of walking can help, placing one foot in front of the other and letting our minds wander and our hearts unfurl.

However we do this, I think it's an important part of living and living well.

Life can seem overwhelming and disordered at times, mine no less than anyone else's; so we would all do well to try our best to ensure we have time and space to do this reflective work, that way enabling us to be our best selves for God, for others and ourselves!

*'The heavens are telling the glory of God' (Psalm 19:1a)*

*'Be still, and know that I am God!' (Psalm 46:10)*

*'Pray without ceasing' (1 Thessalonians 5:17)*

*Jesus said to the travellers on the road to Emmaus – 'What are you discussing with each other while you walk along?' 'What are those things' that trouble you? (Luke 24:17 & 19, amended)*

Have a good week and may God be with you in all your wonderings!

Sam.