

'Overflow'

Reflection:

God SO loves the world.

He wants us to have the same heart. Not to just love ourselves and be concerned about our own stuff but to have our hearts transformed into his own so that WE LOVE the world.

We are blessed to be a blessing. We are called to *overflow*.

What do you plead with God for in the mornings? Patience with the kids? Wisdom to do your job? Solutions to problems? For courage to face the day?

The whole world is thirsty for these SAME things.

Preparation:

Place a glass or cup (preferably a wine glass) inside a bowl.

Fill a jug or water bottle with water and keep it nearby.

* Add some blue food colouring to the water if you are doing the practice with children

Practice:

In this practice the glass represents your life; the bowl represents the people and places you frequent; and the water represents God's presence and provision – his gift of LIFE.

Step 1.

Fill the glass SLOWLY as you ask God for the things you need today.

Step 2.

Continue to pour. As the cup overflows, hold the people and places you frequent in your mind.

Pray for their needs, asking God to bless them through you. If you don't know their specific needs, ask for the same things that you need today.

Remembering... God SO loves them.

Step 3.

Stop pouring and SAY OR SING the Aaronic blessing from Numbers 6 over THEM...

*The Lord Bless you and keep you
Make His face shine upon you and be gracious to you
The Lord turn His face toward you and give you peace.*

And the additional song lyrics taken, in part, from the prayer of St Patrick

*May his favour be upon you; and a thousand generations
And your family and your children and their children and their children.
May his presence go before you and behind you and beside you
All around you, and within you; He is for you.
Amen.*

