

# A time to embrace and a time to refrain

Wise living in a strange time.

<p><b>I am grieving...</b></p> <ul style="list-style-type: none"><li>- what will you miss because of the changes in our lives?</li><li>- how is affecting you?</li><li>- how can the practice of lament be an expression of faith?</li></ul> <p><i>Consider, for example, how grief is experienced in Psalm 102.</i></p>	<p><b>I am anxious...</b></p> <ul style="list-style-type: none"><li>- what are you worried about?</li><li>- how can the grace of God in creation bring you peace?</li><li>- how can the grace of God in redemption bring you peace?</li></ul> <p>Read and reflect on Psalm 46 Luke 12:22–34, especially vv24,25 John 14:27</p> <p>You might enjoy reading “The Peace of Wild Things” by Wendell Berry, available online.</p>
<p><b>I see opportunities...</b></p> <ul style="list-style-type: none"><li>- what new, good things might come into your life now?</li><li>- what opportunities open up for the church?</li></ul> <p>Read and reflect on God’s ordering of our times in Ecc 3:1</p> <ul style="list-style-type: none"><li>- do you see opportunities to create beauty? See Proverbs 24:26; 25:11</li><li>- do you see opportunities to deepen reverence for God? See Ecc 3:14, in context</li><li>- do you see opportunities for joy? See Ecc 5:18–20</li></ul>	<p><b>I have hope...</b></p> <ul style="list-style-type: none"><li>- what is God doing now that fills you with hope?</li><li>- what might God do next?</li></ul> <p>Read and reflect on Psalm 121.</p>

