

## RIVER OF LIFE

### Preparing

- Take time to sit in the presence of God, being aware of God's loving eyes watching over you.
- Take some time to give thanks to God, the source of all being.
- Take time to ask God's Spirit to enlighten your time of prayer and reveal to you things God has for you to notice today.

Consider first - if your life were a river what might it look like?

- Where would the source be and what bends and and bows do you notice?
- Where does it run quietly?
- Where does it ripple slowly?
- Where does it flow rapidly?
- Where are the boulders?
- Where are the waterfalls?
- Where does it run under ground or under bridges?
- Where does it overreach its banks and overflow?

Take some time and prayerfully draw or paint or create this river.

- You might like to use pencil alone
- You might like to use crayons, paints or pastels.
- You might like to draw or paint or create the river banks and surrounding land.
- You might like to add further details to your river of life.
- You might like to note where you are now.

Take some time to reflect

- What do you notice about the river?
- What do you notice about the surrounding landscapes?
- What land marks do you see along the way?
- Where do you notice changes of direction and speed of flow?
- Where do you notice calmness and times of turbulence?
- Where do you notice times of adversity, hope and joy?

Take time to notice the presence of God

- Where do you particularly notice the presence of God ?
- Where have you flowed close to God?
- Where have you wandered away?
- Where else have you noticed God in the world?
- Where have you noticed God in others?

What is God's invitation to you now?

How do you respond?

