

For every meeting

We give suggestions for each week's group meeting, but it is up to you to organise how you feel best. Feel free to move things around, omit or add things; you must feel comfortable with your meeting.

Begin with tea and biscuits while people gather and are welcomed.

You might like to set the scene with a centrepiece, maybe a candle and cloth of Lenten colours.

Finding God in All Things

1. Opening Prayer – Take a couple of minutes of quiet prayer to ask God, the Spirit and or Christ to be with you during the meeting and to speak to the heart of each person in the group.

2. Sharing

Ask each individual to go over their prayer times this week and share what they are comfortable with.

- How did they find praying the Scripture or with art
- Did time seem to drag, or did it go quickly?
- Did anything surprise them?
- Did any of the Scripture passages or other meditations have any special meaning for them?
- How did you feel over the week?
- What is God saying to you?

3. Finding God in all things

If you have the facilities it would be good to show this or a similar video <https://youtu.be/0vrdgDdPApQ> (skip ad) Where do you see the goodness of God in this video?

The meditation below can be used either in addition to, or instead of the video.

You may like to play some meditative instrumental music during this meditation. Something quiet and reflective.

- Stilling: Spend a moment moving into a comfortable position and then quieten with a stilling exercise.
- God's Presence: We are in the presence of God.

Ask for what we need: Let us ask God to guide our minds and hearts during these moments of reflection to show us what God knows we need to see.

- God in our World: We now spend a few minutes and ponder on where we see the goodness of God in the world.

How many different situations and different people have reflected the goodness of God's creation for us. (Spend between 3 and 5 minutes on this)

- Absence of God: Let us for a moment consider the opposite: where have you found it difficult to find God in the world?

Go through as many different situations, and maybe people, you can think of.

- **Co-Creators:** Let us spend a little time reflecting on how human beings co-operate with the Creator and make the world a better place to live in.
- **Selfishness:** Now let us take a short time reflecting upon how human beings abuse God's creation and make the world a worse place to live in.
Why do people do such things?
- **My Place in the World:** Finally reflect upon your own contribution to the world we live in. How far do you co-operate with the creator and bring life and joy to the world?

Review

After this meditation it would be good to go over the first four questions and get people to talk to their neighbour about what came to their mind.

Then find out how many different things they can come up with as a group. You may have someone make note of this on a flip-chart.

When considering the negative questions, remind them not to name names.

4. **Looking Forward –** Make sure the time and venue etc. of the next meeting is clear.
5. **Thank everyone for coming.**

Leader's Notes: Finding God in all Things

You may find it easier to find God in the beauties of nature, in a smiling baby. However, its sometimes more difficult to see the will of God in natural disasters or the screaming child in church.

Whether natural events, such as storms and floods prove disastrous is often dependant upon whether people have taken adequate precautions. Have we co-operated with the natural world? Have we put enough resources into keeping safe? In his encyclical letter, *Laudato Si'* Pope Francis makes the point that so often it is the poor who suffer because those who have resources don't share them out sufficiently.

In the end, of course, there is an element of mystery to life; we can't explain everything.

As Christians too we need to hold onto the belief that as death is not the end; neither should it be seen as a final disaster.

Today we are looking at what it means to collaborate with God as Creator.

The greatest collaboration we have as human beings is to bring forth the next generation. "Go forth and multiply".

And though individually we might not affect the planet to any great extent, taken together, human beings have the ability to nurture and beautify our world or bring disaster and destruction to the earth.

We can ask, how far are we part of the problem or part of the solution, when it comes to looking after our mother the earth.

The Pathways to God website contains a section where people send in reflections in finding God in their every day life. You could point out this to them and ask them to contribute to it, if they wish. All contributions are anonymous. Some people find it helpful to read such reflections, while others find it helpful to write them.

<https://www.pathwaystogod.org/my-prayer-life/where-i-found-god-today>