



# REFLECT

Think back over last month's teaching, Life to the Full, by Dan.

Share anything that has particularly stayed with you, and reflect on which parts of the teaching have shaped how you've lived out your discipleship journey over the past few weeks – and why.

# RECEIVE

Watch or listen to our latest teaching, on Enjoyment of God! By Nicky:

- YouTube: <https://bit.ly/3CWvZhf>
- Spotify: <https://bit.ly/4oe7LS8>
- Apple: <https://bit.ly/479CgCL>

*Quick Tip: You can access a complete transcript of this teaching by going to the YouTube video and clicking 'more' in the video description, then clicking 'Show transcript'.*

# R RESPOND

Take time to work through the following activities, including questions that go deeper into the teaching you've just watched or listened to:

## Questions

1. What stood out to you most from the talk?
2. How do you enjoy being with God?
3. How do you feel you can enjoy being with God more?
4. How can we live more rooted in God's love and not become only 'vine centred'?

## Practice: being still

Find somewhere quiet. Sit comfortably. Still yourself by breathing slowly for several minutes. Open your mind to God. You don't have to pray words. Just imagine opening your heart to God's heart. When your mind wanders have a word or phrase to bring you back to focusing on Him. This could be simply 'Father' 'Jesus' or 'Spirit', I tend to say, 'I am God's beloved'. Remain in this place receiving God's love. This is not about achieving a perfect state, it's just about being in God's presence.

## Listen

'The Sun on My Face' by Clive Webb:

<https://open.spotify.com/track/1a0cQb3zMG5V2lv5xyflhC?si=e8c673f89ee6482c>

'Hope' by Clive Webb:

<https://open.spotify.com/track/7oAlYyG7CwkXA567N5A2Sp?si=8becb80d98d4447a>

## Prayer

Father, thank you for your compassion and loving kindness towards us. Would you reveal your tenderness and love for each one of us. Help us to open our hearts to your love and create space to be with you and enjoy you! We desire more of you.

Amen