

# *An invitation to wonder*



## **Questions to think about or discuss in household or community.**

When was the last time you were caught up in wonder?

In what ways has your experience or picture of God got bigger recently?

Can you be honest about a question or disappointment with others?

What is there that is wonder-full in your frontline?

## **Try this**

Spend some time reading again Psalm 104 or Revelation 1: 9:17

Read either passage several times slowly.

Try to use your imagination to put pictures to the words.

Ask God to grow your image of God.

Pay attention - sit somewhere and notice:

Something you can see, something you can hear, something you can smell, something you can taste, something you can feel.

Fully focus on a mundane job or act. Ask God to meet you in its ordinariness.

Find a place that grows your capacity to wonder. Stay there a while.

Look for a way to share with others a topic, image or idea you find fascinating. Ask someone else to tell you about something that fascinates them.

Find a breath prayer or memory verse that unlocks wonder - not sure where to start? Try repeating slowly the phrase 'It is good'.