

# Flourish



## My Journal

This journal is offered as an aid to accompany the Flourish services. Each week there is a question to help start reflections to support the theme.

Please add your own thoughts and use as is best for you.

## A Prayer from the President of the Methodist Conference

Inviting God,  
help us to see that every person  
has a place in your presence.

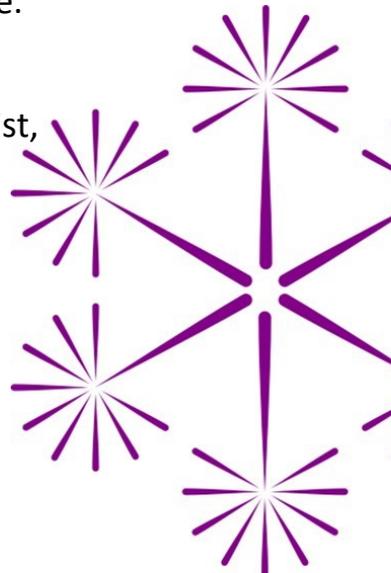
Forgive us  
when we try to limit our friendships  
to people who look like us, act like us, believe like us.

Through you Holy and transforming Spirit,  
move us from exclusion to inclusion,  
from formulators of fences  
to builders of bridges,  
from indifference  
to all-encompassing love.

In the name of Jesus Christ,  
our Saviour.  
Amen.

Rev Sonia Hicks

(from the Methodist Prayer Handbook 2021-22)



## WEEK 1 - Introduction

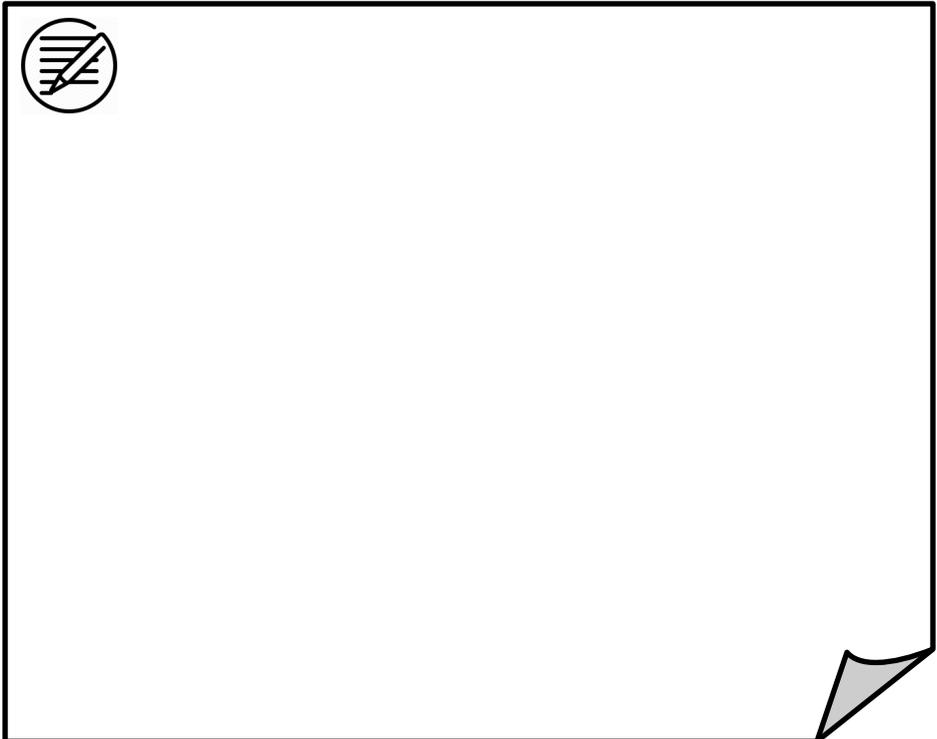
Choose an image from one of these bible passages:

\* Isaiah 35: 1-2

\* Psalm 92: 12-15

\* John 15: 5-17

Record in the box below how it speaks to you about flourishing:

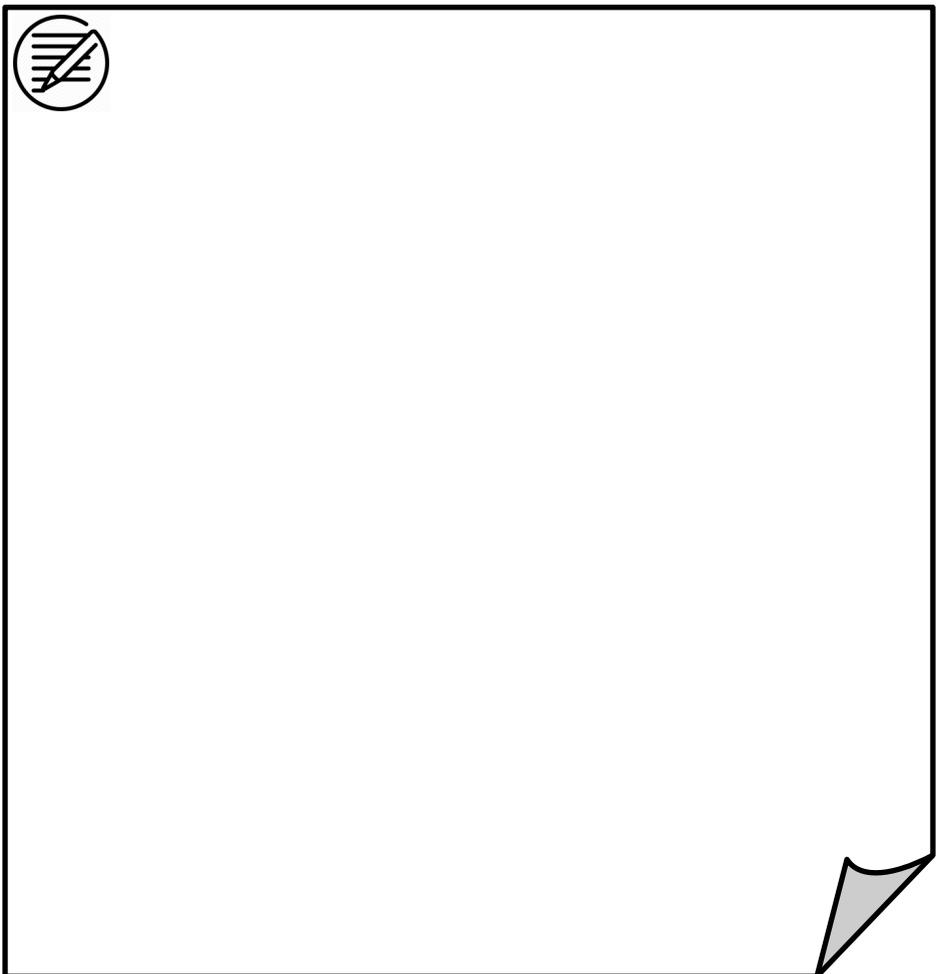


A large rectangular box with a black border, intended for writing. In the top-left corner, there is a circular icon containing a pencil and several horizontal lines, representing a writing or drawing tool. The bottom-right corner of the box is folded over, showing a grey shaded area.

## WEEK 2 - Flourishing In God's World

Is there a biblical character whose role you particularly identify with?

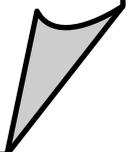
Find a bible passage to read and write down your reflections:



A large rectangular box with a black border, intended for writing reflections. In the top-left corner, there is a circular icon containing a pencil and several horizontal lines, representing writing or notes. The bottom-right corner of the box is folded over, showing a grey shaded area.

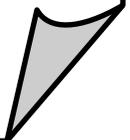
## WEEK 3 - My Personal Flourishing

Reflect on one experience of personal flourishing you've had during the past two years:



## WEEK 4 - Flourishing As God's People

Is there something new you would enjoy contributing to your church? Is there a burden you need to lay down? Do you need to talk to someone about this?



## Finding the Place

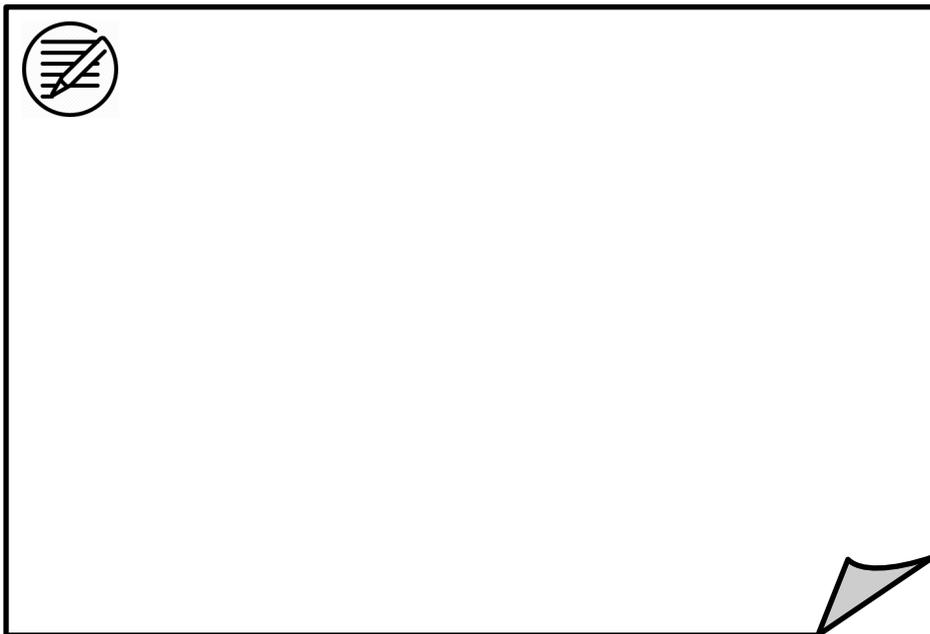
Creator God,  
In the wonderful world you have made  
Every creature has a home.  
The stork nests in treetops,  
And though the strong winds blow  
It does not fall.  
Goats run on dizzy heights  
Each hoof placed  
On impossible footholds  
With effortless precision.  
And in among the rocks  
In clefts and holes  
Small furry creatures  
Scamper and hide  
When the eagle comes.  
The sea is home  
To things that creep and scuttle  
Float and swim  
Or simply cling for all they are worth  
To the storm battered rock.  
All give you glory  
For each is wonderfully made  
And their place is prepared for them.  
O God, may I find my place  
The home you have in mind for me  
Where I can be  
Your truest child  
And find myself  
In finding you. Amen



## Postscript

Over these past weeks has something in particular spoken to you about flourishing? A hymn or poem, story or picture, word or deed?

Why is it important to you?



  
Flourish

Wharfedale & Aireborough Methodist Circuit 2022  
[www.wandamethodists.org.uk](http://www.wandamethodists.org.uk)