

“IN TIMES OF GRIEF OR SADNESS”



Words from Charles Wesley

Lord, that I may learn of thee,
Give me true simplicity;
Wear my soul, and keep it low,
Willing thee alone to know.

Let me cast myself aside,
All that feeds my knowing pride;
Not to man, but God submit,
Lay my reasonings at thy feet.

From Hymns & Psalms 737

Words from Scripture

“O LORD, my heart is not lifted up, my eyes are not raised too high;
I do not occupy myself with things too great and too marvellous for me. But
I have calmed and quieted my soul, like a weaned child with its mother; my
soul is like the weaned child that is with me.”

Psalm 131:1-2

Hymn: O love that will not let me go, *Singing the Faith* 636

As we begin

To consider alone

- “I have calmed and quieted my soul.” For a few moments, allow yourself to enter into that calm and quiet.

To consider together

- “I have calmed and quieted my soul.” For a few moments, allow yourself to enter into that calm and quiet.

As we continue

To consider alone

- Again, take a moment to calm and quieten your soul in the presence of God.

To consider together

- What light does “true simplicity” shine on this meeting?
- From the agenda, what do we need to “lay” down for now?

As we finish

To consider alone

- The psalmist says, “I do not occupy myself with things too great and too marvellous for me”. What from this meeting do you need to entrust to God for now?

To consider together

- Wesley speaks of “willing thee alone to know.” Aiming for this, how can members of the group seek to be a calm and quiet presence in the church and community at this time?