**Soulspace: Guidance**

**Seeking Wisdom During Times of Uncertainty or Change**

**Connecting to one another**

Welcome to Soulspace. Our theme is guidance. Some of you may have an important decision to make. Others may regret a past decision and wonder how to undo it. One or two of you may feel you are drifting through life and would like a greater sense of direction. Still others may be grateful for an awareness of being guided by a higher power. As we bring our different experiences here, let us be thankful for one another.

Take a moment to pause and look at someone in the room. Ask silently that in the busyness of life they may pause and seek the voice of wisdom. May wisdom give them clarity, patience and a discerning heart. May they find the source of wisdom and rest in it.

**Seeking guidance**

*Light a candle.*

When life feels uncertain and chaotic, or when your mind is so full that it becomes hard to see the wood for the trees, it can be helpful to focus on one thing and to tune out the noise and confusion. A candle flame is a good thing to focus on. It’s not still or lifeless; it moves and dances, but it’s also peaceful and comforting. Be still, and know that the source of life is good and will not leave us lost. Think quietly about this for a few moments.

One of the poets in the Bible wrote, “Your word is a lamp to my feet and a light to my path.” [Psalm 119:105]

Watch the flame. Its gentle glow lights up its surroundings, reminding us that God’s guidance shines even in the most challenging moments of life.

Its warmth dispels the cold and brings comfort, reminding us that God’s guidance is personal, and caring.

The flame moves softly, reminding us that God often speaks in gentle whispers.

Pray that God’s guidance in your life can become a source of light for others.

Jesus of Nazareth is known as a great spiritual teacher. In the Bible a man named Matthew recorded him as saying, “Ask, and it will be given to you; search, and you will find; knock, and the door will be opened for you. For everyone who asks receives, and everyone who searches finds, and for everyone who knocks, the door will be opened.”

If you would like to share, “What thoughts, feelings, or questions does this passage raise for you?”

**Bringing guidance to the world**

If God exists and is here with us, what situation or person would you ask God to bring wisdom to? We’ll have a few moments of silence while you think about this, and then an opportunity to name the people or situations you’ve been thinking about.

*Silence*

If you’d like to name them out loud, I invite you to share the names of people and situations you would like God to bring wisdom to.

In Hebrew “Amen” means “so be it.”

Let us end our time of prayer by saying Amen together.***Amen*.**

**Conclusion**

As we come to the end of our time together, let us listen to a reflection by Catherine J. Foote:

When I come to the end of my prayers I feel that there are prayers I still need.

A prayer for the courage to speak the truth.

Another prayer for the pain.

A prayer for the sadness.

A prayer for fears.

A prayer for the anger that sometimes smolders and sometimes burns.

A prayer for justice and for grace.

A prayer for strength to keep telling my story,

to keep moving toward wholeness, to keep moving toward you.

A prayer for wisdom.

Another prayer for love. *Amen*.

As you go forth into the world, may this Celtic blessing encourage you and bring you strength:

May the peace of God go with you, wherever God may send you.

May God guide you through the wilderness, protect you through the storm.

May God bring you home rejoicing at the wonders God has shown you.

May God bring you home rejoicing once again into our doors. Amen.

*These materials are drawn from Soulspace, compiled by the Rev. Dr. Michael Moynagh: cofe.io/soulspace. The poems are written by Mark Berry and © Mark Berry / Greenhouse, The Archbishops’ Council of the Church of England (edited).*