

WEEK 2

O F F E R I N G



OFFERING



What if prayer is simply walking
through the stormy seas of
anxiety,

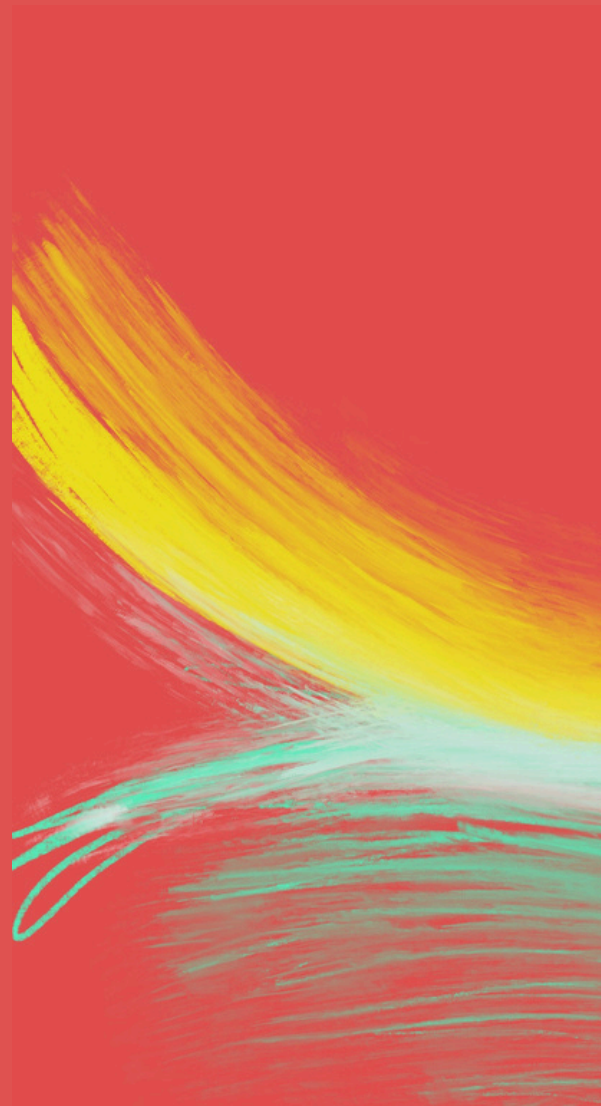
hand in hand with the Kind
Maker?

What if prayer is sitting in a wild
meadow, eyes full of wonder,

gazing to the Wild One who made
her?

What if prayer is laying on your
back,
by a sparkling stream,
letting the Voice of Peace

wash over your beautiful soul?



Practise

O F F E R I N G

I invite you to find somewhere quiet and comfortable. Maybe bring a journal to write your thoughts on and tune into this carefully crafted Playlist - click on QR code below.

Take an inhale for 4 and take an exhale for 4.

Take in the graphic on page 2, let your eyes explore the colours, shapes and textures.

Q1 What about this image could evoke the posture, the meaning and the intention of the verb *offering*?

Q2 How would you draw or describe what it means to *make an offering*?

Now take in the poem on page 3, let your mouth speak the words out loud as you take in each sentence.

Q3 Which lines in the poem help you visualize the act of offering?

Q4 Can you be curious as to why?

Pause, inhale for 4 and take an exhale for 4

Q5 How has exploring the act of offering through poetry and art impacted your mind, body, and spirit?

Continue to be blessed to be a blessing, Becky X

Discover more



Tune in, Enjoy!

