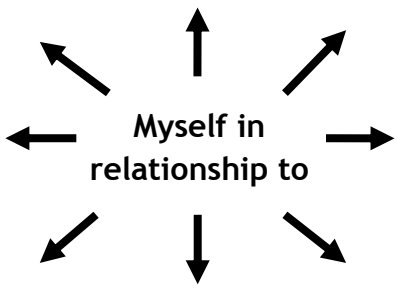


Taking a walk around the garden that is my life

One way of approaching a time of prayer and reflection on the state of my life at present is to think of yourself taking a leisurely walk around the garden [your life] that surrounds your house [you]. As you stop at each section of the garden you take a long and caring look at how it's going, and notice your own feeling responses. Notice what's healthy and what's not, and what is needed if this corner of the garden is to flourish as you hope it might.

As you do this, consider taking Jesus/God/the Holy Spirit with you, and talking honestly together about what you are seeing. Be open to what God might invite you to notice or do as you pause for a time at each area. Journal and pray as you go.

There are different ways in which the garden that is your life might be divided up. Here is one way, you might prefer to do it differently ...

GOD	FAMILY	FRIENDS
EMOTIONAL HEALTH		WORK/STUDY
PHYSICAL HEALTH	WIDER WORLD	CHURCH