

# Sanctuary First

## Theme Summary

### Letting Go, Letting God

#### **The Idea**

The service is based on a "soundscape" which takes us through the various seasons of life - using some of the sounds and imagery of the external seasons to reflect on changing seasons of life internally. People will be given a brief introduction to the idea, and invited to sit in an open, comfortable space. There will be suggestions about changing the lighting if you have that facility. While we are using sound and imagination, you may want to add your own seasonal images for those who find that helpful.

Some people find it helpful to engage in a simple activity while listening or meditating. We suggest you offer "doodle" pads and pens, or pieces of clay to mould as they listen. These activities will be private and should not involve movement or noise that will distract others.

#### **Play the MP3 file (soundscape.mp3)**

The following script is what is included on the MP3 file.

#### **Setting the Scene for People**

Life is made up of transitions from one phase of life to another. From birth to death we move through phases or seasons of life. Our personal growth often depends on our ability to let go a season that is passing before we can appreciate the season that we are in. In the next 30 minutes or so, we invite you to reflect on life as seasons - some we enter and some we leave behind.

We invite you to find a comfortable space where you will be undisturbed by others around you. When you are settled, we will begin. (Quiet music played while people find their places.)

#### **Meditative Script**

Sit comfortably - upright or relaxed. Close your eyes if you are comfortable doing so.

**Muscle relaxation** *(Follow the instructions as you give them to pace the process naturally.) (3 mins)*

Tense the muscles of your feet and legs - and relax.

Tense the muscles of your back - and relax.

Tense the muscles of your hands and arms - and relax.

Tense the muscles of your neck and head - and relax.

Tense the muscles of your face - and relax.

**Deep Breathing** *(2 mins) (I would have the breathing exercise first and then three more deep breaths after the muscle relaxation.)*

Breathe in deeply through your nose - hold - and breathe out slowly through your mouth as if you are gently blowing away a feather.

Breathe in deeply - hold - watch the breath turning - and breathe out slowly.

Follow that rhythm in your own time. (Allow time for ten breaths).

**Focus** *(2 mins)*

What phase of life are you in?

What is your "now" moment?

**Summer Season** *(5 mins)*

We are in the summer season - long days and light nights.

The temperatures are warmer - be it sunshine or rain.

It is the season of growth.

Who brings light and warmth into your life?

What activity gives you life?

What is growing in your life in this season?

*Matthew 6:25-27 (Therefore I tell you.....single hour to his life)*

**Autumn Season** *(5 mins)*

Autumn is a season of fruitfulness and colour.

It is the season of falling leaves.

The days are shortening.

Looking back on the past year, what new fruit do you see?

What friends have we lost, like leaves from the tree?

What do we miss most?

*Matthew 6:28-30 (And why do you worry.....O you of little faith.)*

### **Winter Season** (5 mins)

Winter is a season of clear frosty days and drifting snow.

It can be dark and it can be bright.

The sap has gone to the roots.

How do you live through the dark days?

Where is God?

What is God doing "out of sight"?

*Matthew 6: 31-32 (So do not worry.....Father knows you need them.)*

### **Spring Season** (5 mins)

Spring is the season of buds and blossom.

The sap rises and birds build nests.

Promise is in the air.

What are you looking forward to?

What are the "buds" of new beginnings?

What promise of God will you hold on to?

*Matthew 6: 33-34 (But seek first..... trouble of its own.)*

### **Seasons of Life** (10 mins)

Life moves through phases and seasons.

Sometimes we get stuck in one season.

Sometime we are unable to enjoy the season we are in.

What season of life are you in?

What do you enjoy about it?

What do you resist or resent?

What do you need to let go and where do you need to let God if you are to savour the gift of life in the present moment?

### **Final breathing exercise**

As you inhale imagine you are saying – ‘Letting Go’

As you exhale imagine you are saying – ‘Letting God’

*Exit from the Meditation Space*

As the music continues to play, you are free to sit or leave in your own time.