

Life Signs

These exercises help us to tune in to what God might be saying through the stories of our lives, the prompting of our hearts, our feelings or imagination.

To prepare, find a comfortable place and spend some time in awareness of the gentle presence of Jesus with you, the movement of the Spirit within you and the loving gaze of the Father upon you.

Push and Pull

Do I stay or do I go?



What you need

- large sheet of paper - A3 is ideal
- coloured pens

Exercise

With your paper landscape, draw a line down the centre creating 2 columns. Label the lefthand column PULL and the righthand column PUSH.

Firstly consider the PUSH column which represents your current situation. List all the things compelling you to move on - maybe you have completed what you set out to do, feelings of frustration, discomfort or boredom, a sense of success or failure. Include practical issues such as health, wellbeing, life balance, change in circumstances.

Now turn your attention to the PULL column:

- where are you feeling drawn?
- what opportunities are opening up?
- what wild ideas are emerging?
- what are those around you saying?
- what are the things that are drawing you to a change?

When you have finished, look at your diagram and circle the things that seem most significant.

Reflection

Spend some time in prayer looking at your diagram. Ask God to reveal whether any current restlessness is a prompt for change or a distraction from digging deeper in your present situation.

You might want to share your diagram with someone you trust, or put it away for a set period and then review to see if anything has changed.