

# 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.*

## Roots and Branches

*balancing action and sustenance*



### What you need

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

### Exercise

- In the centre of your paper draw the trunk of a tree.
- Take some time to be quiet and then draw some branches representing those things that require your energy, time, gifts, love and attention.
- You could add fruit and leaves for those things that are particularly flourishing.
- Next draw a network of roots representing all the things that nourish and sustain you, they may be people, places, activities, spiritual habits...

### Reflection

*To flourish, trees need their roots to mirror their branches. Roots provide sustenance and stability, they also interconnect with the roots of other trees to share resources and communicate.*

Take some time to pause and invite God to reflect on your diagram with you, you may want to ponder the following questions:

- What do you notice?
- When you look at each of the roots and branches what feelings emerge?
- How balanced is your tree?
- What might need pruning and what might need grafting?
- What might God be saying to you?
- What could you do in response to this?