

Chosen by God

A SUMMER
RECHARGE SERIES

Cultivating Chosen-ness

SESSION 1
JULY 25, 2023

Welcome & Opening

STACY BOYER

You have searched me, Lord, and you know me.

In the searching and the knowing you chose me.

You know when I sit and when I rise; you perceive my thoughts from afar.

In the sitting and rising and thinking, you chose me.

You discern my going out and my lying down; you are familiar with all my ways.

In the familiar I see the roots of family, you chose me to be your family.

You hem me in behind and before, and you lay your hand upon me.

You chose me and this knowledge is too wonderful for me to explain.

There's no place your Spirit is not with me. I say yes. Yes, to your presence.

When I go up to the heavens, you are there;

when I make my bed in the depths, you are there.

When I rise on the wings of the dawn, or settle on the far side of the sea,
even there your hand guides me, your right hand holds me fast.

And we say yes Lord! We accept the invitation to your love.

We say yes God, You and you alone can have it all.

Amen.

Adapted from Psalm 139 with the chorus of "We say Yes".

Cultivating Chosen-ness

KRISTIN ROCKWELL

All too often we bemoan our imperfections rather than embrace
them as part of the process in which we are brought to God.

Cherished emptiness gives God space in which to work.

We are pure capacity for God. Let us not, then, take our littleness lightly.

It is a wonderful grace. It is a gift to receive.

At the same time, let us not get trapped in the confines of our littleness,
but keep pushing on to claim our greatness.

Remind yourself often, "I am pure capacity for God; I can be more."

(A Tree Full of Angles by Macrina Wiederkehr. Excerpted from A Guide for All God's People p. 56)

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REFLECTION

A gentle reminder before you begin... we will return to session at 7:55

Take a moment to be present to Spirit... to yourself... to this moment.
Breathe in... breathe out... breathe in... breathe out...

When you are ready... consider a moment in your life when you felt God's love.
Let's return there... notice what you're sensing both inside and out.

Listening to that voice with great inner attentiveness, I hear at my center words that say: "I have called you by name, from the very beginning. You are mine and I am yours. You are my Beloved, on you my favor rests. I have molded you in the depths of the earth and knitted you together in your mother's womb. I have carved you in the palms of my hands and hidden you in the shadow of my embrace. I look at you with infinite tenderness and care for you with a care more intimate than that of a mother for her child. I have counted every hair on your head and guided you at every step. Wherever you go, I go with you, and wherever you rest, I keep watch..... I am your father, your mother, your brother, your sister, your lover, and your spouse... yes, even your child...wherever you are I will be. Nothing will ever separate us. We are one.

Every time you listen with great attentiveness to the voice that calls you the Beloved, you will discover within yourself a desire to hear that voice longer and more deeply. It is like discovering a well in the desert. Once you have touched wet ground, you want to dig deeper.

Henri J.M. Nouwen, *Life of the Beloved*

great inner attentiveness... find this place within you. In what ways do you hear Spirit calling you "Beloved"? What image of The Holy is speaking to the center of you?

In what ways are you pointing those you sit with to *greater attentiveness*? How are you aware of their individual chosen-ness? Are you aware of *wet ground* in your life.... in the life of those you journey with? How is Spirit calling you to dig deeper?

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Notes

A Blessing for After

STACY BOYER

This blessing is for the moment after clarity has come,
after inspiration, after you have agreed to what seems impossible.

This blessing is what follows after illumination departs
and you realize there is no map for the path you have chosen,
no one to serve as guide, nothing to do
but gather up your gumption and set out.

This blessing will go with you.
It carries no answers, no charts, no plans.

It carries no source of light within itself.

But in its pocket is tucked a mirror that from time to time it will hold up to you.

to remind you of the radiance that came when you give your
awful
wondrous
yes.

John O'Donohue