

Stop, Look and Listen

If you can, visit somewhere or do something different and spend half an hour just observing quietly and noticing as much as you can.
Here are some ideas:

- Take a bus journey round town
- Visit a bus or train station
- Sit in on a Council in session
- Attend a political meeting
- Walk around shopping centre
- Walk in an unfamiliar part of town
- Attend a church of another denomination
- Visit someone in hospital
- Go along to a local community event
- A pub or café that you would not normally go to
- Watch a television programme that you haven't seen before
- Read an unfamiliar magazine
- Do something with friends or your children which you have always resisted doing

After doing something a little bit different, reflect on the following questions:

- What do you observe?
- What stirs you up in from what you have observed?
- Where did you see God already at work and what was he doing?
- What needs attending to?
- Where do you feel drawn to serve?
- Where did you see new possibilities?