

7 WEKE

WAT GELOOF LAAT

GROEI



Week 1: Leer al meer leef met die bewustheid van God

Benedictine prayer,
the heartbeat of Benedictine spirituality,
is always about
the presence of God in time -
this time, our time, my time.

Clearly, it is not
the sum of prayers we pray
that counts.

It is the way our prayer life changes
our own hearts and lives -
the way it makes us more centered in God,
the way it makes us more aware of our own
limitations -
that determines its quality.

We pray to become
more a sign of the mind of God today
than we were yesterday.

There is a time in every life
when the very act
of looking back and taking stock
becomes essential
to going forward.

Without the light
that shines out of the darkness
of the past,
we cannot chart
a new path to the future.

Monastic spirituality
is built around
a life of retreat and reflection.

In every Monastery of the Heart,
there must be regular times
set aside
to go down
into these inner recesses of the soul
once more, alone and centered,
to take another look, a new kind of look,
at ourselves.

Retreat, reflection, Sabbath
and soul-space
are of the essence of the monastic spirit -
not for our sake alone

but for the sake of those
who depend on us
to make the promise of creation
new again.

First, painfully aware of our own
lack of steeled spirit,
and full of compunction -
what the ancients called
the regret of the soul -
we must forgive ourselves
for being less than
we know we can be.

Second, we must turn
the compass point of the heart
back again to where God waits for us,
arms open, full of mercy, made of love,
to be our own best selves -
not for our own sake alone
but for the sake of the rest of the world.

Benedictine spirituality, after all,
is life lived to the hilt.
It is a life of concentration
on life's ordinary dimensions.
It is an attempt to do
the ordinary things of life
extraordinarily well.

(Aanhalings uit "The Monastery of the heart" deur Joan Chittister, BlueBridge, 2011)

▣ **God wag vir jou !**

▣ **Mag hierdie Sewe Weke vir ons so 'n tyd wees wanneer ons verder sal oefen om te gaan** "... to where God waits for us, arms open, full of mercy, made of love, to be our own best selves - not for our own sake alone but for the sake of the rest of the world."

Elke erediens is 'n oefening in “onthou”

Votum:	Onthou wie ons is en watter soort byeenkoms hierdie is
Seëngroet:	Onthou dat jy God se geseënde is
Lof:	Ons onthou saam wie God is en aanbid Hom vir wie Hy is en wat Hy doen
Wet:	Onthou hoe God wil hê jy, as sy geliefde kind, moet lewe
Skuldbelydenis:	Onthou waar jy dit nie gedoen het nie. Skuldbelydenis is 'n oefening in onthou – sodat God my kan verander
Genade-verkondiging:	Onthou dat God jou vergewe het en jou in staat stel om anders te gaan lewe!
Geloofs-belydenis:	Onthou wat ons van God glo ... saam met die kerk van alle tye en alle eeue
Skriflesing:	Onthou wat is God se storie met mense ... en met ons ... en met jou
Voorbidding:	Onthou die wêreld waarnatoe God ons stuur om 'n verskil te gaan maak.
Kollekte:	Onthou dat alles wat jy het van God af kom en aan God behoort
Afkondigings:	Onthou om hierdie week as God se gestuurde te gaan leef.

Waarom sou ek kerk toe gaan?

Daar is baie meer redes om kerk toe te gaan as net om na 'n preek te gaan luister

- Om nie 'n kans op bekering mis te loop nie
 - Om 'n goeie geloofsgewoonte vol te hou
 - Om die lewe voluit te beleef
 - Om sin te maak van wat in die wêreld gebeur
 - Om die wêreld aan God op te dra
 - Om God se heelmaking te ontvang
 - Om my geloof publiek te bely
 - Om die sin van die Sondag te verwesenlik
 - Om die verlossing van die wêreld te vier
 - Om die regte noot te kry vir die lied van die lewe
 - Om touwys gemaak te word in die kuns van die lewe
 - Om in die ritme van die kerklike jaar te kom
 - Om deel van 'n geloofsgemeenskap te word
 - Om lig vir my pad te kry
 - Om die gemeente te help om haar doel te bereik
 - Om rus te vind
 - Om my bestaan tot op die bodem te deurgrond
- [AA van Ruler, Waarom zou ik naar de kerk gaan?]*

