

Reflection Guide

The Way of Love with Bishop Michael Curry: Season 2, Episode 7

Praying with Our Bodies and Our Creativity

How to Use This Guide

For personal devotion

Listen to the podcast episode one or two times. Next, set aside 20 minutes of quiet time to reflect on the following Scripture and questions. Consider writing your responses to the prompts in a journal. Close your time in prayer.

As a group

Before you meet, ask members to listen to this episode. Open your meeting by sharing the Scripture. Next, you may either listen to the episode again as a group or move on to the Questions for Reflection. As a group, discuss your thoughts about and answers to the questions. Finally, close your time together with the prayer.

Scripture

Take a moment to read and reflect on the Scripture. What word or phrase stands out to you? What might the Holy Spirit be saying to you through this passage?

Psalms 46, from the Book of Common Prayer

- ¹ God is our refuge and strength,
a very present help in trouble.
- ² Therefore we will not fear, though the earth be moved,
and though the mountains be toppled into the
depths of the sea;
- ³ Though its waters rage and foam,
and though the mountains tremble at its tumult.
- ⁴ The LORD of hosts is with us;
the God of Jacob is our stronghold.
- ⁵ There is a river whose streams make glad the city of God,
the holy habitation of the Most High.
- ⁶ God is in the midst of her;
she shall not be overthrown;
God shall help her at the break of day.
- ⁷ The nations make much ado, and the kingdoms are shaken;
God has spoken, and the earth shall melt away.
- ⁸ The LORD of hosts is with us;
the God of Jacob is our stronghold.
- ⁹ Come now and look upon the works of the LORD,
what awesome things he has done on earth.
- ¹⁰ It is he who makes war to cease in all the world;
he breaks the bow, and shatters the spear,
and burns the shields with fire.
- ¹¹ “Be still, then, and know that I am God;
I will be exalted among the nations;
I will be exalted in the earth.”
- ¹² The LORD of hosts is with us;
the God of Jacob is our stronghold.

Questions for Reflection

Use these questions for personal reflection, group discussion, or both.

1. In this episode, Bishop Curry visits with Andrea McKellar about one of her own personal prayer practices: her morning walk. Andrea shares that this early morning walk is often the only time she has alone during the day to connect one-to-one with God, and that no matter where she is – at home or traveling – it is a rhythm that is essential to her spiritual health. Do you have a regular prayer practice like this? Or if not, is there a time in your day or week to build a regular rhythm of connection? What would help foster that practice?
2. Andrea mentions two apps that she has downloaded on her phone – *Pray As You Go* and *Ceaseless Prayer*. Both of these tools provide helpful pathways for prayer. The second guest, Roger Hutchison, shared how painting with his hands has become an important practice in his one-to-one time with God. What pathways help you connect to God? Do you find you connect best in nature, through music, or perhaps by journaling to God? What is that experience like?
3. Both Roger and Andrea talked about how a large part of prayer involves presence and intentionality. Creating space to be present with God is more important than finding the “right” words or postures. Roger talked about how his work with *The Painting Table* had been useful as a grief support tool, specifically because words often cannot help with deep pain and loss, and because God is in “the beautiful and the ugly.” For many of us, learning how to share our pain or anger with God is challenging, as is sitting in silence with God. And yet, God desires our whole selves – even our anger and our awkwardness. What part of yourself do you have a hard time sharing with God? How could your practice of prayer be broken open by offering this piece?

Prayer

From Daily Prayer for All Seasons

In the beginning, it is dark, cool, and quiet, and we ask you:

Invite us into your presence, O Christ.

We do not know your works, Holy One, yet still we ask you:

Invite us into your presence, O Christ.

We look to the rising sun and trust that you

invite us into your presence, O Christ.