



Sunday, October 22 – Saturday, October 28 • 2023

Hearts in Holy Rhythm

We are comforted in the assurance that God is at the core of our being and seek to align ourselves with the Holy Mystery's beating heart.

This Week...

Ecumenical prayer calendar

Antigua and Barbuda, the Bahamas, Barbados, Cuba, Dominica, Dominican Republic, Grenada, Guyana, Haiti, Jamaica, Saint Kitts and Nevis, Saint Lucia, Saint Vincent, and the Grenadines, Suriname, Trinidad and Tobago

As listed in *Pilgrim Prayer: The Ecumenical Prayer Cycle*, edited by Ester Pudjo Widiasih and Karen L. Bloomquist. (Geneva: World Council of Churches, 2018). <https://www.oikoumene.org/resources/prayer-cycle> offers valuable aids for intercessory prayers, prayer on behalf of and in solidarity with others.

Special days (commentary on p. 112)

October 22 – Peace Sabbath/UN Sunday

October 27 – Baha'u'llah's Birthday (*Baha'i*)

Personal reflection

In the 15th-century meditation on *The Imitation of Christ*, attributed to Thomas à Kempis, it is written, "Whoever wishes to understand fully the words of Christ must try to pattern his whole life on that of Christ. Try, moreover, to turn your heart from the love of things visible and bring yourself to things invisible." How are you patterning your life right now? What practices align you with God's invisible, loving ways?

The planning page is provided in text format for copying, adapting, and adding to your bulletin or online worship resources or website or social media (see Text folder, Worship Outline).

October 22, 2023

21st Sunday after Pentecost

Proper 24 (29)

29th Sunday in Ordinary Time

Revised Common Lectionary (Year A)

Exodus 33:12–23

the focus in age-level materials

Psalm 99

1 Thessalonians 1:1–10

Matthew 22:15–22



Seasons of the Spirit™
is based on semi-
continuous readings of the
Revised Common Lectionary.

Liturgical colour Green

The Season after Pentecost is a time to tell stories about God and who we are as Christ's disciples. Use the Storytelling Starters each week as an opportunity to encourage new stories. "[Worship Is Our Beginning](#)" on page 113 asks us what will happen after we praise God.

Online Resources

Lection Connection

Essays and discussion prompts linking current events with this week's scriptures. Use for sermon preparation, Bible studies, and small groups or share on social media at <https://www.seasonsonline.ca/10/>.

Nurturing Faith and Spirituality at Home

An easy-to-share, weekly online resource supports the spiritual lives and faith formation of individuals and families at home. It is provided in the [Nurturing Faith and Spirituality at Home](#) folder.



**Exodus 33:12–23**

the focus in age-level materials

Psalms 99**1 Thessalonians 1:1–10****Matthew 22:15–22**

With trust broken, we feel alienated from you, O God. Remember your promise, we pray. May we remember our right, loyal response to you. Amen.



Seasons of the Spirit™ is based on the semi-continuous readings of the Revised Common Lectionary.

Hearts in Holy Rhythm

We do not align ourselves with God and God's holy way once, and it remains so forever. Our spiritual disciplines renew our alignment with God's holy way, again and again, a constant returning after each time we turn away.

Exodus 33:12–23 It was one thing for the people of Israel to be freed from bondage; it was another thing to live as free people. The experience of captivity to an imperial system of domination was never far from their hearts and minds. It would take time for them to learn a new way of being and living together in community. Captivity in Egypt taught them there was little or no mercy in systems designed to keep people under control and maintain power for those with authority and privilege. Nor was there much of anything representing goodness in these systems. Now, having so quickly failed God, Moses, and each other by breaking their covenantal relationship, the people have every reason to expect retribution.

In contrast to these imperial norms, Moses seeks reassurance from God that the people, once freed from slavery, will no longer need to live by these old patterns. In seeking reassurance, Moses is unwilling to relinquish the hope and belief that broken relationships can be mended, and covenant can be restored. Yet, at the same time, Moses never minimizes or glosses over the harm done when trust is broken. Repair work is needed.

The verses preceding this week's text make clear that the violation of trust has created distance between God and the people. God intends to keep that distance. Fortunately for the people, Moses never makes light of the broken trust but instead calls upon God to show this newly forming community what it means to live as a liberated people of faith. Moses asks God to reveal God's glory, made visible and evident in God's goodness and mercy.

Psalms 99 is a song of celebration and worship for the one who is revealed as a lover of justice, who establishes equity, and executes justice and righteousness. This is the one who guided the people of Israel out of slavery and into an identity as a free people. The people were far from perfect, at times failing the guidance they were offered, but the resulting brokenness was never ignored and was ultimately healed through the forgiveness of the one who set them free.

Paul expresses this relationship with God in **1 Thessalonians 1:1–10**, where he affirms and gives thanks for the faith of his friends, stating that the good news, God's convincing word, came through the Holy Spirit – another example of the power of the presence of God.

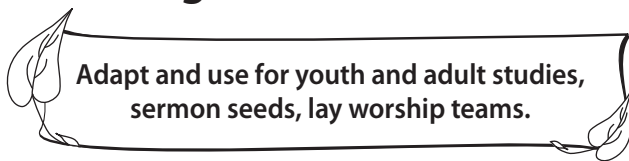
In contrast, **Matthew 22:15–22** tells the story of discerning taxes, where the image of Caesar on the coinage settles the question – "Give therefore to the emperor the things that are the emperor's and unto God the things that are God's" (v. 21). While this can be seen as an example of the separation of church and state it also harkens back to the wilderness experiences of discerning and following God's guiding presence.

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We are reminded this week of the importance of being our whole selves in our relationships. Moses attempts to experience God as he understands the Creator, but God is bigger than we can perceive. And yet, God still attempts to be in relationship with us. Relationships are important, and a relationship with God is paramount. What does it mean to be on a journey of friendship with the One who desires to be in a loving relationship with us? Perhaps the transparency of Moses' relationship with God can help to model the relationships we attempt to build with each other.



Reflecting on the Word



Connecting with life

- When have you been burnt or disappointed in a relationship?
- What happened to the relationship? What brought healing?
- When it comes to a relationship with God, what is certain? What is mysterious?

Scripture

Exodus 33:12–23

Circle or make a list of the verbs in Exodus 33:12–23, reflecting on what they reveal about the relationship between God and Moses.

- What do you think Moses learns about God in this conversation?

Latin American theologian Gustavo Gutiérrez wrote, “To believe in God is more than simply to profess God’s existence; it is to enter into communion with God and – the two being inseparable – with our fellow human beings as well.” As Gutiérrez suggests, we know that God is with us when we feel love for one another.

- What experiences of God bring you hope? How are those experiences – and hopes – linked to those who gather in community?

Psalm 99

- What Exodus experiences are remembered in Psalm 99?
- What stories does your community tell to remember who and how God has been with you in the past and might be with you now?
- What are the circumstances in which you look to God for strength?

Matthew 22:15–22

- How do we determine what is of God and what is of Caesar?
- Is it necessary to discern the difference? Why?
- Whose image is written on your heart? To whom do you belong?

Connecting scripture and life

Our choices, behaviour, habits, and thoughts, all help to keep us aligned with God’s way or tear us away.

- What practices do you observe of yourself, your community, and its members of spiritual discipline to keep yourselves aligned with God’s Way?
- What practice might you take on together, for a season, as a renewal of that discipline of re-alignment with God and God’s Way?

Focus for Worship, Learning, and Serving

As we reel from the emotions from last week, it might be hard to move into the rhythm of God. Churches can get comfortable in their usual ways. There may be little interest or desire to find new insight, but for some reason, Moses needs to know more, and we are invited to wonder what glory looks like now. Our old ways of talking about God might not function as well as they once did. It’s an opportunity to make all those invisible conversations and ideas visible in how we share in being church together. How does the way we do business and share in service inform our understanding of who God is? What do we

most want our children to learn about God? How do we turn to each other in times of doubt and uncertainty for comfort and support?

God is everywhere, like the air we breathe, the wind we feel on our skin, and a hug or smile from a loving friend. As Latin American theologian Gustavo Gutiérrez suggested, we know that God is with us when we feel love for one another. Worship will move your community to wonder about the practices you choose personally and collectively to share in the rhythm of God’s love.



Hearts in Holy Rhythm

Prepare

NOTE: The following suggestions are mere starting points; adapt, delete, and add according to your local needs and context. If a community is gathered in person, they may speak the **bolded** lines. If worshippers are not all physically present, consider having a different individual say the bolded responses. Instructions are *italicized*.

- ❑ Recruit volunteers needed for worship: drummer for the call to worship and opening prayer.
- ❑ Choose an option for hearing Exodus 33:12–23. For the Bible story, arrange for a storyteller to present “Moses’ Wondrous Encounter with God” on p. 114. Alternatively, for younger children, arrange for a storyteller to present “Moses Thinks about God” in Exploring Our Faith at the end of this week’s materials. For the reflective conversation, arrange for a reader and someone to pose the questions for reflection or conversation.
- ❑ Bring items for setting the worship space.
- ❑ Prepare to project the image Desert Dancing and/or print it in your bulletin (in the Images to Project and Images for Printing folders). See “Connecting with the Art” on p. 8 for background to the art and artist.
- ❑ Bring song such as “I Feel God around Me” (*Seasons Songbook*, vol. 9, #20 on *Seasons Music CD*, vol. 9. Printed music and recording are also available for purchase

and download at https://www.seasonsonline.ca/order_products/).

- ❑ Set stations as described on pp. 115–116.



Music Suggestions

I Feel God around Me

Bruce K. Harding; *Seasons Songbook*, vol. 9

Jesus, Face of God

Tony Amidharro; *Seasons Songbook*, vol. 9

Still, I Search for My God

Francisco F. Feliciano; *Seasons Songbook*, vol. 9

Be Still and Know

John Bell and Graham Maule; *Seasons Songbook*, vol. 6

Come into God’s Presence

Traditional; *Seasons Songbook*, vol. 3

We’ve Got a Message

Damien Halloran and Maria Millward; *Seasons Songbook*, vol. 3



A chart that shows the licence holder(s) for each song in each of the 9 *Seasons of the Spirit* Music Volumes can be found at www.seasonsonline.ca. Click on Library; Seasons Music Information. Please contact a licence holder for permission to duplicate.

Gather

Call to worship

Here we are, God, with our love and our longing.
Here we are, God, standing firm and still searching.

Introduce a gentle drumbeat like a heartbeat at the end of this prayer and allow it to continue into the opening prayer.

Come, God, to talk, dance, listen, sing, and pray.

Turn toward us. Take hold of us and comfort us.

Here we are, God,

ready for wonder.

Ready to encounter you.

Ready to share the rhythm of your love.

Opening prayer

God of glory, you call us by name and shape us into a living message.

Affirm your presence in our lives and community so we can become strong and faithful witnesses to your way in this world.

Opening prayer using art

Project the image Desert Dancing, or have it printed in the bulletin. Offer the following invitation, after which soft music for personal meditation and reflection might play.

God comes close to us. Sometimes we even ask for such glory. We need to see it. We need to feel connected to it. To find our whole beings in the possibility of the Holy One. So pay attention to where you feel God right now. You might find God’s glory in the figures mingled together. One of them might be you whispering to the Divine. God might be in the radiance around you that feels like golden light.

Or sprouting from the ground in a vine of hope.

Look and wonder: how are you becoming aware of God’s glory?



Worship Outline • October 22, 2023

Prayer of confession

God of glory and wonder, we seek to know you fully.
We want to know your ways, but your rhythm is unfamiliar.
Our movements are awkward, and we feel like we will never quite fit into your grace.

We seek to imitate your love and justice, but we make so many mistakes.

Forgive us, O God.

Words of affirmation

Sing the affirmation in a different language in "Zulu Carol" (Seasons Songbook, vol. 3, #5 on Seasons Music CD, vol. 3. Printed music and recording are also available for purchase and download at https://www.seasonsonline.ca/order_products/).

Engage

Opening the word

Exodus 33:12–23 *the focus scripture for age-level materials in ENCORE*

Choose from the following.

Bible story Arrange for a storyteller to present "Moses' Wondrous Encounter with God" on p. 114. Alternatively, for younger children, tell the story "Moses Thinks about God" (in Exploring Our Faith at the end of this week's materials).

Reflective conversation Enter into the conversation with Moses and God pondering the questions in quiet meditation or in gentle conversation. Pause between questions for reflection and possible conversation.

Read: Exodus 33:12–14.

Wonder: What makes you want or need to know God personally right now?

Read: Exodus 33:15–16.

Wonder: Where might you ask God to go? What might you ask God to do?

Read: Exodus 33:17–20.

Wonder: When has God shown you goodness and mercy? How do you know the ways of God?

Read: Exodus 33:21–23.

Wonder: What more do you need to say to God after this encounter? What has this reflection/conversation changed in you?

1 Thessalonians 1:1–10 You might continue reflection/conversation with a question after the epistle is read, such as:

- **Where have you seen the good news mentioned by Paul experienced by you or others?**
- **What is the message of the good news for you?**
- **How do you imitate Christ?**

If gathering in person, invite children, young people, and all who wish to move to the stations.
Others will remain seated for proclaiming the word. For those participating at home,
you might encourage them to use materials that have been sent.

Respond

Sing or listen to a song such as "I Feel God around Me" as people gather again (*Seasons Songbook*, vol. 9, #20 on *Seasons Music CD*, vol. 9. Printed music and recording are also available for purchase and download at https://www.seasonsonline.ca/order_products/).

Prayers of the people

Holy One, even though we have not always been aware,
we know you have been with us along the journeys of our lives.

We have not always recognized your presence, but we thank you for your abiding love.

Your glory is all around us.

Your mercy has seen us through.

Your goodness is our strength and our renewal.

And we thank you for the abundance in which we live and move and have our being.

We pray today for people who remain on the journey and feel alone along the way...(pause).

We pray for those who seek your face in times of sickness and ill-health – who long to feel your healing presence intimately...(pause).



We pray for all who suffer under the powers and principalities of this world – treated as collateral damage in a battle for loyalty to false gods...*(pause)*.

We pray for our planet – for your true face all around us. Help us not only to see you clearly in all of its wonder but also to remember our commitment as stewards of your lands, seas, air, and creatures. Guide us in our efforts to care and tend to your world...*(pause)*.

We pray that you will always help us see your face beaming at us in every face of humanity we encounter. Show us your anguish as well as your delight; your struggles as well as your strengths; your discouragement as well as your resolve; your sadness as well as your love. And in all of these, help us to know you and your grace more perfectly. We pray in Christ's name. Amen.

Prayer of dedication or offering prayer

All living things imitate God.
As flowers bloom, as trees bear fruit,
as dancers leap high in air,
they imitate your creativity, O God.

As we struggle for justice,
as we resolve conflict through peace,
as we extend our hand to our neighbour,
we imitate your love, O God.

As we stand firm in our faith,
as we teach and nurture our children,
as we pray for our world,
we imitate your love, O God.

So we give thanks to you, O God,
for your goodness which is in our hearts and minds,
in our strength and soul,
in our life and love.
Praise be to you, O God. Amen.

Bless

Go boldly into the world.
Go seek out new ways to be God's holy ones.
Go into the world with God's good news.
You are the message.
Be the message.

Do the message.
Live the message.
As you go, the love of God, the grace of Jesus Christ,
and the inspiration of the Holy Spirit goes with you.
Thanks be to God.

Special Days Commentary

October 22 – Peace Sabbath/UN Sunday

In the context of the United Nations' founding anniversary (October 24, 1945), many churches observe a Peace Sabbath on the Sunday prior (some call it UN Sunday or World Order Sunday).

October 27 – Baha'u'llah's Birthday (*Baha'i*)

The birthday of the founder of the Baha'i faith is often observed with prayers, feasts, and community activities. Baha'u'llah was born in Nur, Persia, in 1817.



Worship Is Our Beginning

Many congregations conclude their worship service with a familiar refrain, “Our worship has ended, now our service begins.” For some, this line appears in the bulletin after the benediction. Or it might flash across the screen as the postlude begins and people start to move about. Still, others have a plaque over the door reminding people that they are called to action as they exit the liturgical space.

Worship is meant to fuel our bodies and souls to do the work of love and justice, but worship also teaches us how to live in the world. It informs the kind of people we will be and allows us to practice in the ways of Jesus Christ before we go out on our own.

In our gathered worship, Charles Sherlock writes in *Performing the Gospel in Liturgy and Lifestyle*,

“We perform the core of Christian faith: we celebrate what God is, does and means for us, we feed on Christ through scripture and sacrament, and share the ‘fellowship of the Holy Spirit.’ But in doing so, we reflect on and are re-energised for our ongoing lifestyle of Christian worship. When we gather, we perform the story of God’s reconciling love, formed and equipped to ‘perform the gospel’ in daily living.”

It is the business of everyday living that is hard. Too often, we separate the actions we share in worship from how we exist in the world. We enact the story of God through the rituals, the shape and content of our liturgy when we gather, but then we forget to engage those same ritual movements when we bump into a conflict or a disagreement. We don’t pause to confess or even offer assurance. These are things that happen in worship but not in life. We forget that worship is our beginning.

Paul encourages the early Christians to “come together” in worship where “each one has a hymn, a lesson, a revelation, a tongue, or an interpretation.” Moreover, everything we do is to be done for “building up” the people of God (1 Corinthians 14:26). We cannot do this without the courage to “present our bodies as a living sacrifice” (Romans 12:1). It is a physical

act that requires us to engage not just our big ideas but the emotions and every bodily reaction to living life faithfully.

Worship gives us a framework. It teaches us a new way of being where there is room for every emotion and experience; if we live fully, we might be changed in how we live after worship has ended.

Sherlock believes that the actions in worship with all its “rhythms, rituals and familiar words lay ‘godly ruts’ in heart, mind, body and soul for our daily worship, following Christ as his disciples.”

Frank Thomas puts this another way. In his book *They Never Quit Praisin’ God: The Role of Celebration in Preaching*, worship – and particularly the work of the preacher – focuses on “help[ing] people *experience the assurance of grace* (the good news) that is the gospel of Jesus Christ.” Communication fails when the emotional process isn’t emphasized. It is not an intellectual pursuit but an invitation to engage in dialogue and allows people space to face the “fear, hatred and prejudice” that prevents them from experiencing “hope, joy, love and trust.” This experience shapes us and changes how we live every day.

Our worship continues and changes how we live every day.

For reflection

- **What rituals or worshipful actions do you carry into your everyday life?**
- **When is it hardest to see your everyday life as an act of worship?**
- **How might you engage more deeply in this possibility individually and communally?**

For Further Reading

Charles Sherlock, *Performing the Gospel in Liturgy and Lifestyle*. Mulgrave, Vic: 2018.

Frank A. Thomas, *They Never Quit Praisin’ God: The Role of Celebration in Preaching*. Pilgrim Press.



Moses' Wondrous Encounter with God

Based on Exodus 33:12–23

Miriam came from the edge of the camp to meet Moses as he returned from another withdrawal into the presence of Holy One. He was walking slowly, as he usually did after such meetings, but he wasn't quite *walking* this time. That sounds strange. As she watched her brother, Miriam felt that he seemed to be floating towards her. Of course, he *was* walking; but ever-so-light did his whole person appear that it gave her the impression he was floating.

When they caught up, they both stopped for a moment; they looked into each other's eyes. Then they turned and kept walking to the camp in silence.

A short way from the camp, still, Moses stopped again.

He didn't look at Miriam; it was more like he was looking past her, towards the hills.

"Holy One passed by me.
As I stood in the crack of a large rock.
It felt like a hand covered my eyes.

Warmth all around me.
Shivers in my spine.
My breath – stolen away!
Then the hand let go.
My eyes saw –
something like the tail of a coat, perhaps.
Stillness. Utter silence and stillness
like I have never known.
Closer than ever before;
closer than Their voice,
which feels like it speaks to me
from within me somehow."

Miriam let the silence be while Moses paused. That silence seemed to speak to her even more than his wonder-filled words did.

"They are coming with us," Moses looked at her as he spoke this time. "Holy One Himself is coming with us, our help again, as we go forward."

"Amen," Miriam whispered. "Amen."

A recording of this story is available in MP3 format in the Audio Stories folder.



Bible story

Materials

- Recording of "[Moses' Wondrous Encounter with God](#)"
- Alternatively, arrange for a storyteller to present the story
- Paper or drawing pads
- Basic supplies

The practice of storytelling

Directions

1. Listen to the story "Moses' Wondrous Encounter with God."
2. Using the materials provided, imagine what Moses saw that was so wonderful it seemed like he was floating to Miriam. When have you felt like you were floating from such wonderful things?



Living, Learning, Growing as Disciples

The following stations might be set up around your worship space, or in other places around the church, in your home, or outdoors. Choose one or more practices, depending on your space and numbers. Display the directions for all to see onscreen or in person. Adapt stations for use when physically distancing and above all, follow the safe practices of your congregation and local health officials.

For your convenience, directions are formatted for printing and available in the Stations folder.

Health and Safety Practices

Basic supplies pens, pencils, markers, crayons, white glue/glue sticks, scissors, handsanitizer, wipes placed in a basket or bin, two containers marked "clean" and "used"

Setting the space Utilize large spaces where people can maintain a safe physical distance. Spread out chairs around a large table or use tape to mark off the space around stand alone chairs.

Keep it clean Wipe down and disinfect places used for stations. Provide enough arts and crafts supplies to reduce sharing and mark containers "clean" and "used." Remind people to use hand sanitizer as they begin and as they end stations.

String art glory

Materials

- Multiple strands of string or yarn cut to 30 cm/12 in
- Paint
- Small bowls
- Paper
- Bibles
- Spoons
- Towels
- Hand sanitizer or wipes



Suitable for all ages

The practice of creativity

Directions

Moses wanted to see God's glory, God's grandeur, God's magnificence so that he might know God more fully and become closer friends. Glory is as hard to describe as it is to see.

1. See what glory you might find by placing a piece of paper in front of you and then choosing a piece of string from a bowl of paint. Using a spoon, carefully pull the string out of the paint and then squeeze the excess paint off the strand with your thumb and forefinger over the bowl.
2. Arrange the string over your paper, letting one end extend off the page. When you are satisfied with your design, place a second piece of paper directly on top of your paper. Weight it down with a Bible.
3. Use a towel to wash your hands and think about Moses in the wedge of the rock, waiting to see God's glory. What do you imagine he was thinking? What surprises might be awaiting you in this artmaking?
4. When your hands are clean, slowly pull the exposed strand of string out from between the two pages.
5. Lift the Bible off your paper and reveal the glory of your creation.

Stepping into the story

Materials

- Basic supplies
- Other art supplies
- Art paper



Suitable for all ages

The practices of living creatively

Directions

Moses experienced God's glory, grandeur, and magnificence. Imagine you are Moses after experiencing the awesome presence of God. How would you describe this amazing time? Some ideas:

- It was like the brightest star you can imagine.
- It was like a raging thunderstorm that shook Earth.
- It was like the most beautiful music you have ever heard.
- It was like a trail of gold dust twinkling in the sun.

1. Use the art supplies to draw, write a poem, or describe what you imagine.
2. Share your work with a friend.



Metaphors for God

Materials

- Symbols for God's metaphors, such as rocks, shepherd crooks, fans (wind), art supplies (creator), mother hen figurines or stuffies, candles (light), and so on – more than one object will allow more than one person to engage with that symbol



**Suitable for
all ages**

The practice of connection

Directions

In Islam, there are 99 Names of Allah by which Muslims regard God. The Hebrew and Christian Scriptures offer countless male, female, and inanimate images of God to expand our vocabulary of the divine.

1. Explore the symbols on the table. Each of these symbols is grounded in one of the metaphors used in scripture to express the divine. Notice which of these objects draws you in. Perhaps there is more than one.
2. Take hold of the object(s) calling your attention. Behold it/them and wonder:
 - **What does this reveal to me about God?**
 - **How might this image of God be rooted in the story of my life?**
3. Moses said to God, "You have told me that you know me by name, that I have found favour in your sight." Offer gratitude in your own words and thoughts to God for this metaphor, and ask God to keep showing their nature to you.

Life storylines

Materials

- Basic supplies
- Paper



**Suitable for
ages 15–adult**

The practice of reflection

Directions

Within Psalm 99, a few verses allude to the whole story of the people of Israel. The hearers are reminded of God's saving acts and of the leaders who led them through their hardest times.

1. Consider the arch of your life at this moment. Has it been a straight line? Have there been bumps, twists and turns along the way? Sketch your lifeline with all its nooks and crannies down the middle of your page.
2. With your line drawn, recall the times that God has renewed or changed you. These might be the "saving acts" for the people of Israel, but for you, it might be a new school, job, a marriage, a birth, a second chance, or a new opportunity. Note those moments on your lifeline in symbols or words.
3. Finally, imagine where, along the way, God's "face" has been shown to you. Note those moments in symbols or words where God has come close or held you.

The article "[Connecting with the Art](#)" on page 8 provides background to this season's posters and art engagement ideas for individuals and groups. You might add an Art station and select one of the art engagement ideas.



Story and activities for the very young to use in church or at home.

Moses Thinks about God

Based on Exodus 33:12-23

It was the middle of the afternoon. Moses was sitting outside the tent. He wanted to be away from the people for a while to be alone with God. Moses found a rock that felt comfortable to sit on. He curled up on that rock and thought about God. "I wonder what God looks like? I want to see God," Moses said to himself.

Moses looked around. He could hear the quiet babbling sounds of a river. And standing in the river were two women helping each other wash clothes.

Moses looked in the other direction and saw and heard a colourful bird chirping in the tree. And under the tree, a man and his son were helping each other gather branches and twigs for a fire.

Then Moses looked into the distance. Some sheep were still nibbling grass while other sheep were dozing. Nearby two young people were helping each other care for these sheep.

Moses thought about everything he had seen and heard. And then Moses thought about all his friends who loved and cared for each other.

Moses knew and felt God's love and goodness deep within and all around. Moses knew that God was here even though he couldn't see God.

And Moses could feel God's love when he was sitting by the creek, sitting on a rock outside his tent, experiencing the sights and sounds around him, or feeling the love from his friends. Now Moses began to understand.

God is not a human being like us.

God is not a man or a woman.

God is not old or young.

God is different from anything we know.

"I can feel God all around me," Moses said.

It was such a wonderful, wonderful feeling!

Seeing God

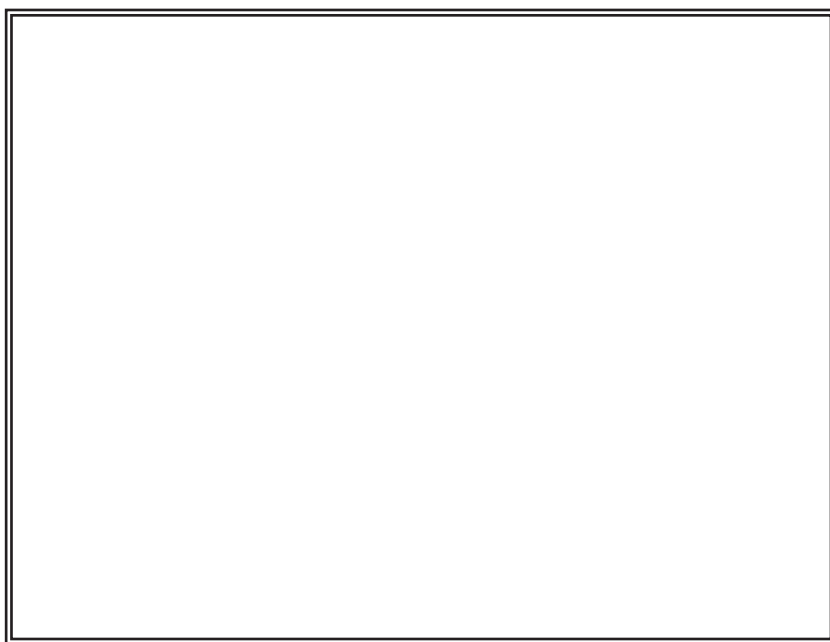
God is not a human being like us.

God is not a man or a woman.

God is not old or young.

God is different from anything we know.

Use your art supplies to draw how you see God in the world and the people around you. How is God different from anything you know?



Experiencing God Deep Down and All Around

Moses curled up on a rock and thought about God...
"I can feel God all around me," said Moses. Colouring
can calm our minds and spirits and help us feel what is
deep down and all around.

Find a quiet space and spend time relaxing and colour-
ing. Pay attention to what you feel deep down and all
around. God is deep down and all around.

