

## Holy Trinity Great Cheverell – Example of a meditative worship – words are linked to powerpoint - LOVE

- There is a Tibetan Proverb that says:

Eat Half

Walk Double

Laugh Triple

And love without measure

- All major religions and almost all other philosophies emphasise the importance of loving and caring for each other and loving and caring for our world.
- .....
- Christians believe, in fact, that God is love. If we are loving and caring, we are being like God. If we are experiencing love, we are experiencing God. Jesus even told us how to do this loving. It is a strong, active, sometimes fierce love. This is what he told us to do.

He said:

- Feed the Hungry – those who are starving for food – we must give freely of our money and goods to help them.
- Think about our beautiful planet and the reasons for drought and famine. Is there more we could do to look after this world we love so much?
- And those who are hungry for friendship, love and kindness – we must reach out to them whether they are members of our family,
- Children
- Staff or parents at school or people we meet elsewhere. Even if we don't want to, we need to offer them gentleness and respect, understanding and love.
- Welcome strangers – we need to be kind to people different from ourselves, people who have different ideas to ours, or speak a different language or have a different way of life.
- Even if they are disturbingly different, we need to treat them with respect and kindness and gentleness.

- Clothe the poor – we need to offer money to charities, to give our old clothing to charity shops, to treat everyone with dignity. We should treat everyone the same, whether they are a person of substance and wealth in our community, or a homeless person on a street.
- Care for the sick
- We must look after those who are hurt or weak or who are not as good at things as we are.
- We need to have a special care for those with mental health issues – they may look fine on the outside but may be struggling inside. They may be difficult and hard to like. We still need to reach out to them with compassion and understanding.
- Visit those in prison – people can be imprisoned in their own lives, not just in gaol. People can need us to reach out to them because they are scared and lonely.
- They may be imprisoned inside an old body
- or a disabled body– we can reach out to them, sit with them, chat to them, make them feel worthy and happy.
- And always we must choose Joy ourselves so that we are strong enough to look after others.
- Choose joy every day. We must look outwards, not inwards, see the beauty in each perfect moment rather than the hurt that lies behind us or the problems that lie ahead of us. Choose this beautiful perfect moment of joy and blessing and choose to live in it.
- .....*Quiet time - Music if available*