

Making Use of Our ABIDE Resources



These nine stories are available throughout the summer at our Sunday services. You can read the stories in any order you like. This booklet offers one gentle route through the readings. You might use it to prepare for an upcoming service or to reflect more deeply afterwards. Not every story is being shared in every congregation, so do keep an eye out for any you especially want to hear.

Allow yourself time for this moment with God. Make it special. Will you sit alone or with someone else? Will you make a cup of tea, light a candle, play music, or write in a journal? Let it be a time set apart. Each session begins with a simple breathing exercise to help you arrive in the moment.

Each story is given four days in our calendar. There's no need to rush—take your time across the week. Each story from the Hebrew Bible has a supporting passage from the Gospels. You'll also find background resources, music, and video online at — saintwulstans.online — look for the post about the story you are reading.

Let the questions and reflections settle slowly. Enjoy a chat with God. Tell him about the short phrase you've chosen from the sixth step of the session. Speak to him about your hopes and fears for today and tomorrow. Ask him who to pray for today. Make time for this collect we have written especially for our summer together

*Gracious Father, you are the God who sees us
and who forms us through your story and ours.
Shape us by your Spirit to live with humility and honesty,
until we see you face to face
in the story that outlasts the generations;
through Jesus Christ our Lord. Amen.*

Spend a few moments lingering with the short phrase you chose as the sixth step, repeating gently in your heart or quietly outloud. Finish with thanksgiving and the Lord's Prayer.