

Ps Nathan & Rose

With ever-deepening love,

think or imagine.

Let's look up and expect the Lord God Almighty to do more than we can ask. So in 2022, let's create space and look up in wonder at the work of His hands.

Nexus Church, we sense that God is calling us to leave our "tent" - to leave the news feed, leave our phones, leave the constant barrage of information - and allow God to lift our gaze.

When the Lord met with Abram in the midst of crisis in Genesis 15, He led him outside of his tent and challenged him to look up at the stars and try to count them. Abram left his current small, darkened environment and was able to look up in awe and wonder at the magnitude of His works. When we look up, we are reminded that it is the Lord who holds our world together. Our perspective is restored and we see with eyes of faith and hope.

So much of the recent season has caused us to keep our heads down and our perspective small.

OUR HEART FOR 2022

And the Lord brought Abram outside [out of his tent, into the night] and said "Look up at the sky and count the stars - if you are able to count them"

WONDER

When you look up it lengthens & deepens your view so you can think long term & better solve complex problems



When you look up & out it can build empathy, trust, and a sense of hope & belonging



Isaiah 40:26

Lift up your eyes and look to the heavens: Who created all these? He who brings out the starry host one by one and calls forth each of them by name. Because of His great power and mighty strength, not one of them is missing.

Psalms 3:3-4

But you, Lord, are a shield around me, my glory, the One who lifts my head high. I call out to the Lord, and he answers me from his holy mountain.

Psalms 121:1-3

I lift up my eyes to the mountains - where does my help come from? My help comes from the Lord, the Maker of heaven and earth. He will not let your foot slip - He who watches over you will not slumber;

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nexus church

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**CEDAR
CREEK**

Stroll the boardwalk at
**MOOLOOLABA
BEACH**

Take in the view at
**WILD HORSE
MOUNTAIN
LOOKOUT**

OR TYPE 'lookout' IN
YOUR MAPS APP OR
SEARCH ENGINE

SPIRITUAL PRACTISES

Three Biblical disciplines by our friend Shane Willard.



BE STILL

Endorsed by our friend and Clinical
Psychologist Dr Gavin Brown.



1. BIBLICAL MEDITATION

Meditating on or resting with scripture stops us looking left or right, but rather centres us to look in and up.

Build this into your weekly rhythm and see that it not only helps you to resist the urge to compare (a horrible byproduct of this age) but it realigns you with God's vast love.

2. GRATITUDE

Ten times a day, for ten seconds express outward gratitude.

Hear yourself call out the good things that are in your present moment - not the past, not the future, but in your now. Take an audit of your life right now and become aware of God's goodness in your life.

3. INTENTIONAL REST

At creation there is chaos. We see God engage the chaos, not to condemn or destroy it, but to bring life. And then God rests.

From the beginning, intentional rest has been a foundation in life and much like the Sabbath, intentional rest fuels the practice of a "rhythm reset" to our everyday hustle.

Imagine if your favourite song had no rest, the instruments all played at once and the lyrics were sung without taking a breath - it would be chaotic noise! Just as music needs space in the song to be appreciated, intentional rest allows our bodies and minds to be renewed.

 Take off **YOUR SHOES AND FEEL THE EARTH**

WRITE OR DRAW Anything 

 **MAKE A** cup of tea or coffee

Rather than just drinking the drink - slow down, smell the aroma, notice the warmth of the cup or the texture of the drink. Take a sip, really taste it.

We can hurry our eating and drinking; a human rhythm we robot multiple times a day. But taking a moment to slow down, notice, appreciate and savour, can be a valuable tool in cultivating a still heart and mind.

Meditate **ON SCRIPTURE** 

"Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth." (Psalms 46:10) is a great place to begin.

In the same way as slowing ourselves to enjoy a cup of tea (see above), finding a small section of scripture and really meditating on it can give us space to receive a new perspective.

