

week 3

Soul Rest

Nourished by patience and slowness

Rest and reflection are essential, not only for the sake of productivity but because they hold intrinsic value. Taking time to pause allows us to reconnect with ourselves and our purpose, nurturing our wellbeing and deepening our understanding of life.



Bible study

Read: Psalm 63:1-8 and Luke 13:1-9

"Sir," the man replied, "leave the tree alone for one more year, and I'll dig around it and fertilise it..."

Jesus has a complicated relationship with fig trees – he once cursed a fruitless fig tree as an object lesson for Israel! But in today's Gospel he tells a story of one receiving redemption and care when faced with the danger of being cut down. The gardener speaks up on behalf of the tree, and offers to do all that he can to preserve it and enable it to flourish.

Do we also need to tend to our own souls, and the souls of those around us? Perhaps some of the ways you might need to do that are by finding time to rest, finding belonging with communities of people around us who enrich and encourage us, and through liturgy or sung worship.

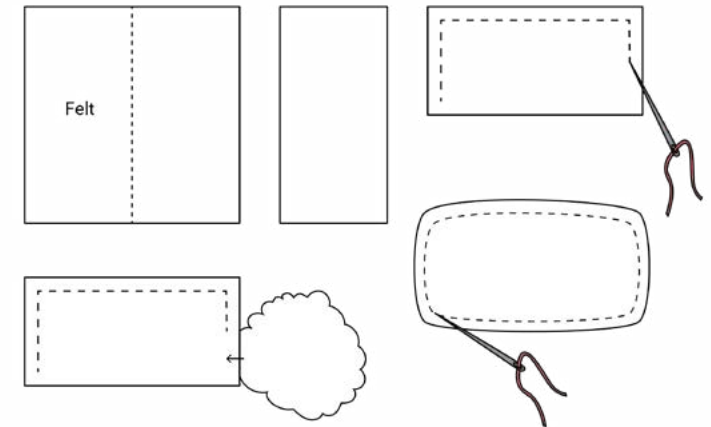
Gardening has been described as an 'exercise in hope', a kind of active waiting – where so much is out of our control, but that doesn't mean we can't play our part in tending, weeding, fertilising, nourishing.

Reflect: Finding rest and re-energising your soul may look different for all of us – what do you need? How do you stay hopeful?

Pray: Conjure in me a hope in you, O God, and your love for me and all around me, I pray. Amen.

Hands-on activity

Sew a mini pillow from felt.



Recipe

Microwave Dhal (serves 4)

This easy-to-make vegetarian curry provides two of your five fruit and veggies a day, for only 89p a portion.

Ingredients:

- 1 tsp vegetable oil or margarine
- 1 onion, diced
- 4 cloves garlic, crushed (or squeezey garlic)
- 1 tsp squeezey ginger
- 1 tsp ground turmeric, cumin and coriander (or 2 tsp any curry powder)
- 200g dried red lentils (or 2 tins of lentils)
- 400g tin of chopped tomatoes
- Water
- 400g spinach

Method:

- Place the margarine or oil in a large microwaveable bowl with the onions and cook on high for 1 minute.
- Add the garlic, ginger and spices (or curry powder). Just omit any spices you do not have; it will still be tasty. Stir well and cook for 1 minute.
- Add the lentils and chopped tomatoes. Half fill the tin with water and add that too. (If using tinned lentils rinse those first under the tap.)
- Cover and microwave on high for 15 minutes, until the lentils are tender, stirring every now and again.
- Stir in the spinach then leave to sit for 2 minutes.
- Serve with rice or make simple flatbread with flour and yoghurt cooked in a non-stick pan.