

# ST PETER'S WEEKLY NEWS

## 4 JULY 2021



### **Growing healthy Christians**

#### **Third mark: Seeks to find out what God w**

In this letter, beginning two weeks ago, we are thinking about growing healthy Christians, based on a book by Robert Warren entitled 'The Healthy Churches Handbook'. In this book Robert identifies seven marks of a healthy church and we are seeing if these can help us in our journey of faith, and if his thoughts can be applied to being a healthy Christian.

What is a healthy Christian? If one thought of a healthy person they would consider someone who has a balanced diet, good exercise and a mindful lifestyle; a healthy person maintains their health with regular exercise, eating their five a day and not drinking too much whilst keeping well hydrated. The marks of a healthy Christian we are thinking about is exploring those aspects of the faith that help us maintain a good and healthy relationship with God, living the Christian life in a creative and engaging way. This week, the third mark is seeking what God wants of us.

The third mark encourages us to discern the leading of the Holy Spirit rather than trying to please everyone; what is it the Holy Spirit is leading you to in your life? What does God want of you? This mark can be unsettling. We might be fearful that what God wants of us and what we want are not the same things. We might not be clear on how we can discern God's will and desire for us.

Discerning the leading of the Holy Spirit is being prayerfully open to the will of God and allowing God to set the agenda of our lives rather than setting them for ourselves. In doing this we will find immense freedom. We are used in our present-day culture to being in control. We are encouraged in the ways of today to be self-assertive and to make choices upon our own desires and wants. God wants to free us of this and all the pressures that come with it and to ask the simple question, 'Lord, what do you want of me?'. Placing ourselves into the hands of God and asking what God wants for us. God wants us to know God's love for us. We can only really get a handle on that when we stop and ask what that might be. To do that we pray, put prayer at the centre of everything we do, to start our day with prayer, commit our decisions to God in prayer and through prayer discern what God might want in a given situation or life event. Prayer does not take for ever, especially when we let it become second nature. Prayer does not have to be complicated. We all know that Lord's Prayer; we can use the Jesus prayer, "Jesus Christ, Son of God, have mercy on me."

A healthy Christian practices putting God in everything through prayer.

Love and prayers,

Fr D