

“Come, all who are thirsty,
come to the waters;
and you who have no money, come,
buy and eat!
...listen to me, and eat what is good,
and your soul will delight in the richest
of foods”

Book of Isaiah



“The glory of God is a person fully
alive”

Irenaeus, 6th Century



“I have come that people might have life
and have it to the full” Jesus

I will not die an unlived life
I will not go in fear...
I choose to inhabit my days,
to allow my living to open me,
to make me less afraid,
more accessible...
I choose to risk my significance...

From “Fully Alive”, Dawna Markova

...as you read these words and
look at these images...

- what goes through your mind?
- do any of them stir you?
- what might God be whispering?
- what would you like to do with that?

...or is life just too busy to ask
the questions?

Do I dare to believe that God might be trying to communicate with *me*?

Life is busy and relentless. We rarely have a chance to pause and listen to those inner stirrings. We too easily miss the whisper of God. We get stuck. We forget to wonder. Would you like a place to be able to draw aside and reflect? Somewhere to explore what the “whisper” may be saying; to explore what it might mean to be “fully alive”? If so *spiritual accompaniment* may be a helpful starting point.

What is spiritual accompaniment?

Spiritual Accompaniment (or spiritual direction) has been practiced in the Christian tradition for hundreds of years. It is the art of helping another notice God’s activity in their life and helping them explore how they might respond.

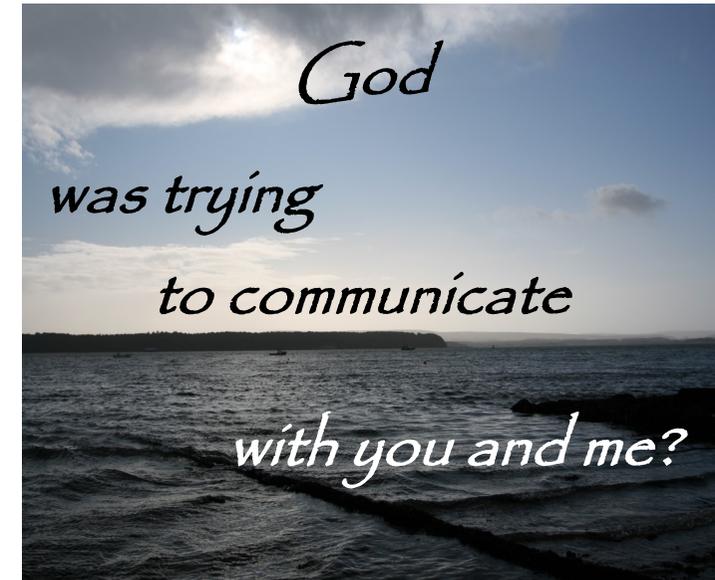
Who is it for? Anyone who wants to explore hearing God’s voice— Christian or not, full of faith or full of doubt. The only thing needed is openness.

How do I find out more?

Breathing Spaces has contact with a number of trained Christian Spiritual Accompaniers — fellow travellers on the journey— each passionate that God wants us to fulfil our potential and excited by God’s longing to whisper to each of us. They work with individuals on a one-off or on-going basis. Call or e-mail with any questions or to arrange an informal meeting:

Emily Bradbury: 07962 561677
emily@poolemc.org.uk
www.poolemc.org.uk/breathing-spaces

What if...



What might this God be trying to say?

Are you able to listen?