



Quiet Garden Movement

sharing outdoor space for wellbeing and the inner journey

Welcome to Fulligrove House Quiet Garden

Quiet Morning 20th January, 2025

“Precious stones”

Jesus said, “Come with me by yourselves to a quiet place and get some rest” (Mark 6:31)

This is a Quiet Morning, not a Silent Retreat. It is an opportunity to listen for the natural and normal sounds of everyday that you might otherwise miss in the busyness of modern life.

It provides you with a space to simply ‘be’ – to leave the worries of the day to one side and replace them with a stillness within, opening yourself to what God may have to say to you through His word and the natural world.

Preparation – remember this is a gift to you – and to God “The chief end of man is to glorify God and enjoy Him forever!”

Turn mobile phone off for the duration. Ideally, have a Bible and notebook/pen.

Outline

10.30am Settling down/refreshments/introduction

10.40am Worship

10.50am Quiet session

11.30am Review

11.40 2nd Quiet session

12.20pm Review

12.30pm End

1] Settling down

Turn off your mobile phone.

Relax and hand over your concerns to God – perhaps light a candle.

Breathe slowly and deeply – perhaps say on breathing in ‘Lord Jesus Christ’ and breathing out ‘have mercy on me’ or “I receive your love, I love you Lord”.

Relax each part of your body from your head to your toes.

2] Worship

This centres on Scripture.

Our theme for the day is “**Precious stones**”

Prayer of preparation

Holy Spirit of God, gentle as the dove, bring your stillness to this moment. You are the tender breath of God, with gifts of wisdom and discernment. Speak to us in the quiet.

Reveal to us your Word in the Scriptures and in the natural world. Lead us through this journey, as we offer this day to you and all that we are. Transform our hearts and minds through your encircling love and power. May we sense your presence with us in a new way. Come, Holy Spirit. Amen.

Our first focus will be on a Christian song instead of a direct quotation from scripture.

**Jesus take me as I am,
I can come no other way;
Take me deeper in to You,
Make my flesh life melt away.
Make me like a precious stone,
Crystal clear and finely honed,
Life of Jesus shining through,
Giving glory back to You.**

Dave Bryant CCLI Song #37814. © 1978 Thankyou Music. For use solely with the SongSelect® Terms of Use. All rights reserved. www.ccli.com CCLI Licence No.505107

This certainly concords with scripture and the following passage seems to link well to it.

Matthew 5 v 14-16 (English Standard Version)

¹⁴ “You are the light of the world. A city set on a hill cannot be hidden. ¹⁵ Nor do people light a lamp and put it under a basket, but on a stand, and it gives light to all in the house. ¹⁶ In the same way, let your light shine before others, so that they may see your good works and give glory to your Father who is in heaven.

There are 12 precious stones listed in Revelation 21 v 19-20 (ESV) (as foundations of walls of the city of God) and they are associated with the 12 tribes of Israel.

¹⁹ The foundations of the wall of the city were adorned with every kind of jewel. The first was jasper, the second sapphire, the third agate, the fourth emerald, ²⁰ the fifth onyx, the sixth carnelian, the seventh chrysolite, the eighth beryl, the ninth topaz, the tenth chrysoprase, the eleventh jacinth, the twelfth amethyst.



Jasper



Emerald



Chrysolite



Chrysoprasus



Sapphire



Sardonyx



Beryl



Jacinth



Chalcedony



Sardius



Topaz



Amethyst

[Biblical Gemstones Are Anisotropic, Have A Special Lustre, Unique Light Properties, Diamond Does Not | Rev 21:19 | Hebrew Israelite Research Center](#)

[Agate is a type of chalcedony and sardius an ancient name for carnelian]

Under cross-polarised light, all of these 12 gemstones produce beautiful colours whereas diamonds and rubies do not (being isotropic). Polarisation of light involves cutting out waves in a different plane (one could consider it a sort of purification – certainly filtration) and cross-polarisation means then viewing through another polarising filter which actually blocks the light polarised at source! Anisotropic materials alter the polarisation (and refraction) of some of the light and result in lovely colours being seen through the second filter. Something more beautiful results from these objects having an asymmetrical structure.

We are each made by God and special – perhaps we could usefully ponder how we might become “crystal clear and finely honed” for the “life of Jesus to shine through”.

First quiet session

Let us wander round the garden and find a place to sit. Be still in God's presence and be open to Him speaking to us.

4] Review

Review your feelings and emotions, your responses to the reading and your experiences in the 'quiet place.' Make a note of these for future reference. Is God changing you in any way?

5) Second quiet session

2 Corinthians 4 v 5-7 (English Standard Version)

⁵ For what we proclaim is not ourselves, but Jesus Christ as Lord, with ourselves as your servants for Jesus' sake. ⁶ For God, who said, "Let light shine out of darkness", has shone in our hearts to give the light of the knowledge of the glory of God in the face of Jesus Christ. ⁷ But we have this treasure in jars of clay, to show that the surpassing power belongs to God and not to us.

We must always understand that God's light shines through us – but He has made each of us special so that we reflect His glory in a unique way and together with all God's children He will be greatly glorified!

6) Final review

Give thanks to God for all that you have heard Him say to you from this Quiet Morning. Make a note again of any way you think He would like you to change – or be changed. Prepare to take back some of the issues you handed over at the beginning of this day and notice how they have been transformed by your handing them over.

7] End

Be kind to yourself as you gently re-enter the busyness of the world. Don't rush back in to all the jobs that might be awaiting you!

Senses Exercises for use in your Quiet Morning

Sight

Owl / Hawk Eyes – explore your vision

Firstly, explore how wide you can make your vision, like an owl. Soften your gaze and hold your arms in front of you with your fingers wiggling. Gradually open your arms out, wiggling your fingers until you can no longer see your moving fingers. Experiment and see how wide your vision can be.

Secondly, sharpen your vision, like a hawk. Focus on the detail of something nearby, examining as much detail as you can.

Sound

Counting sounds - explore the sounds around you. Start with your hands in fists in front of you. Close your eyes, and count each different sound you hear (ending up with your hands opened up, having counted ten sounds).

Deer ears – experiment with your hearing by mimicking how a deer moves its ears. Cup your hands behind your ears with your palms facing in front of you. Notice the difference it makes to how you hear sounds in front of you. Now cup your hands in front of your ears (with your palms facing behind you) and notice how you hear sounds behind you.

Fox feet – experiment walking silently. Bend the knees a little, relax the body, and gently step forward with one foot, toes first. If, as you begin to set your foot down it seems like you might make a noise, lift the foot and place it somewhere else. Once that foot rests quietly on the floor, shift your weight onto that foot, and repeat with the other foot. Experiment with putting the foot down heel first, and both inner and outer sides of the sole first.

Look up and not at your feet – this frees up your dominant sense of sight so you can tune into everything around you and not just your feet.

Smell

Silent smell – pick (or run your fingers gently up and down) a leaf or stalk of some fresh herbs or plants with a strong smell (rosemary, mint, chives). Hold each plant in turn with your eyes closed and spend two minutes exploring the smell. Hold it near your nose and then far away.

Touch

Silent touch – experiment by picking up an object in your hands and with your eyes closed, silently explore the object with just your hands. Explore the sensations of holding it up to your face, touching it with your cheek and perhaps your lips. Does your sense of touch change with your eyes closed? Is there a temperature difference? How does it feel differently touched to your cheek?