



Quiet Garden Movement

sharing outdoor space for wellbeing and the inner journey

# Welcome to Fulligrove House Quiet Garden

**Quiet Morning 10<sup>th</sup> March, 2025**

**“Set your minds on things that are above”**

***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 2<sup>nd</sup> 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 “**Set your minds on things that are above**”

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.

### Colossians 3 v 1-4 (English Standard Version)

“<sup>3</sup> If then you have been raised with Christ, seek the things that are above, where Christ is, seated at the right hand of God. <sup>2</sup> **Set your minds on things that are above**, not on things that are on earth. <sup>3</sup> For you have died, and your life is hidden with Christ in God. <sup>4</sup> When Christ who is your life appears, then you also will appear with him in glory.”

*If we are not careful, our minds can be occupied with immediate needs and demands and a host of “things that are on earth”. We may have to deliberately turn our attention (set our minds) to “things that are above”. We know that they are the eternal matters and ultimately what is most important, but we are easily distracted. Let us enjoy this opportunity to focus on God, His ways and what He wants to say to us or show us.*

## 3] First quiet session

Move to the garden – feel free to wander or find a place to sit. Take the opportunity to ponder things that are above. Be still – and enjoy.

## 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 5 v 14-17 (English Standard Version)**

<sup>14</sup>For the love of Christ controls us, because we have concluded this: that one has died for all, therefore all have died; <sup>15</sup>and he died for all, that those who live might no longer live for themselves but for him who for their sake died and was raised.

<sup>16</sup>From now on, therefore, we regard no one according to the flesh. Even though we once regarded Christ according to the flesh, we regard him thus no longer. <sup>17</sup>Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come."

*The new creation that we are is as a result of God's work – and Jesus' death for us on the cross. It has happened – that is who we are. However, having the love of Christ controlling us and living for Him and not ourselves is something we can certainly ponder and ask God to help us to do.*

### **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?