

Chanctonbury



United in Prayer

The NEW NORMAL

Dear Chanctonbury family,

Happy New Year!!! I hope and trust you have all had a wonderful time over the Christmas period, a time to rest and time to celebrate, time to reflect and time to rejoice.

At the very start of 2021 I would love to inspire us all to find a **'new normal'** in prayer. Benny Hinn wrote a brilliant book called 'Good morning Holy Spirit'. I love the concept of the first thought in my heart and mind as soon as I wake up being - "Good morning Holy Spirit". That as soon as I wake up, the Lord is the first thought in my head and heart, and engaging with His holy presence starts the morning, flows throughout and then defines my day!

Paul encourages us in 1 Thessalonians 5:16-18 to 'Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus'. Wouldn't it be amazing if our **'new normal'** was to always rejoice, continually be praying and in all situations we face, be giving thanks to God? It would mean we would be in constant conversation with God, always acknowledging His presence with us and it would mean cultivating a Jesus-centred, Jesus-first approach in our lives.

How do I start?

- Every day, when you wake up, spend a moment honouring God, praising his name and giving thanks for who He is.
- When you are in the car, instead of going straight to listening to music, pause and talk to God about your day or situations you are facing.
- When you are cooking or tidying up, welcome His presence, sing praises to His name.
- Throughout your working day, and during your lunch break, look outside your window, rest back in the chair and honour the Lord in your heart -

thanking God for the people around you or the beauty of creation you see.

Prayer is about our relationship with God, it's where we learn about His heart, it's where He aligns us with Himself and shapes us to be more like Jesus. Prayer isn't a once a week event! It's like any relationship, the more we spend time together, the more we learn about each other.

I wonder what our faith and our life would look like if throughout 2021 we nurtured this **new normal** in our lives? "Happy New Year 2021, good morning Holy Spirit..."

With love

Lou di Castiglione
Senior Leader

Chanctonbury



Living to see the presence of God
transform our land and communities.

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