

From the Heart of God



Welcome to the third of our monthly Kitchen Table Conversations. This month, we are invited to reflect on the theme *From the Heart of God* as we explore the ways God's mercy is revealed in Scripture, creation and our own lives.

What you need: For this month, it is recommended that you have a: Candle (battery-operated preferred); Smartphone, iPad or TV to play the song; and, a Comfortable cup of tea!

Acknowledgement: We acknowledge the Traditional Custodians of the lands on which we have gathered. We recognise their stewardship and care of Country and their deep spiritual connection to land, waters and creation.

Light a Candle: If you are able (and fire regulations allow in your building), you are invited to light a candle.

Opening Prayer: God of Mercy, be with us as we reflect on your presence in Scripture and creation. Open our minds and hearts to your wisdom and our lives to your call to live Mercy purposefully. Amen.

Readings:

*Because of the tender mercy of our God,
the dawn from on high will break upon us,
to shine upon those who sit in darkness and in the shadow of death,
to guide our feet into the way of peace.
Luke 1:78-79*

*The ecological conversion needed to bring about lasting change is also a community conversion... It calls for a number of attitudes which together foster a spirit of generous care, full of tenderness. It also entails a loving awareness that we are not disconnected from the rest of creation, but joined in a splendid universal communion.
Laudato Si' 220*

Members of the kitchen table group are now invited to **view the video** ([click here](#)) or read the **reflection sheet** ([click here](#)).

As the video is slightly longer than the previous months, you may like to take a short pause after Liz Dowling's section and leave the song until the end of the Kitchen Table Conversation rather than playing it twice.

After watching the video or reading the reflection sheet, you are invited to consider the following questions:

Is there a Scripture passage from Liz's reflection, or a place like the one Sally showed us, that speaks to your heart?

What does it reveal about giving and receiving God's mercy in your life and in all of creation?

You may like to do this in a Contemplative Dialogue style (incorporated in the suggested directions below):

- *Pause:* Before considering the questions you are asked to have a time of silence (1 minute).
- *Share:* Each person is invited to share their responses to these questions for a suggested 3-5 minutes.
- *Pause:* Once all have shared you are invited to have a further minute of silence.

You are then invited to consider:

From what you have heard from the group, has anything shifted your own thinking?

What is emerging that might be new?

Closing Prayer: God of Mercy, as we conclude our time together today, may we continue to recognise your merciful presence in our lives. May we follow the example of Jesus and Catherine McAuley and live Mercy purposefully each day. Amen.

Carry Forward the Light: As we conclude our time together, we extinguish the candle and carry forward the light within each of us.

Closing Song: [Click here to play \(song begins at 14:11\)](#)

God of mercy and compassion draw us deeply to your heart,
lead us to a place of healing where we'll never be apart.

Let forgiveness be our passion reaching out with hands of peace.
Turning from the chains that bind us finding freedom and release.

***Mercy, ever flowing, freely given.
Mercy, mercy from the heart of God.
Mercy from the heart of God.***

May our mission be of mercy, welcome all without reserve.
As one heart we stand for justice with compassion, called to serve.

2015 From the Heart of God Gina Ogilvie, Monica O'Brien
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