



The Bright Field – Reflective morning

Suggestions for further reflection

Session 1: Making space for the heart

What am I seeking today?

What is my heart longing for?

- Isaiah 55:1–7 Come to the waters
- Matthew 11:28–30 Come to me all who are weary

Session 2: Recognising treasure when we see it

Looking back over my life/the last year – what have been my Bright Field moments?

What feelings did I encounter? In what way did I experience God?

- Exodus 3:1–15 Moses and the burning bush
- Luke 24:13–35 The road to Emmaus

Session 3: Where is God leading me?

Reflecting on my recent bright field moments – what may God be drawing me towards?

- Jeremiah 29:11–14 I know the plans I have for you
- Luke 5:1–11 Call of the disciples