

Awaken to God's Presence | April | New Life

SUMMARY KEYWORDS

Meditation, reflection, new life, spiritual practice, resurrection, growth, peace, beauty, new beginnings, trust, light, love, becoming.

SPEAKERS

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Joelle Wight 00:04

A gift of peace in the midst of troubling times. Faith. Unfiltered podcast offers this series of guided practices to help you connect with the divine no matter where you are or what's going on around you, take a deep breath and allow your spirit to find calm in the storm of life.

Robin Linkhart 00:30

Welcome to this time of meditation -- gentle words, inviting you into reflection, followed by silent pauses, a space to simply be. This is Robin Linkhart, Community of Christ minister and your companion for today's spiritual practice. Wherever you are right now, find a comfortable position. Let your body settle in gently, close your eyes or soften your gaze. Take a slow, deep breath in and release it gently. Again. Breathe in and breathe out. Allow your breathing to find a natural rhythm. No effort, no strain, just breath steady and faithful. Listen to the rhythm of your breath as we move into silent reflection. What does it feel like to simply breathe without striving? Where in your life are you being invited to slow down and be present?

Now bring your awareness to the season around you. Imagine early spring... the quiet miracle of new life emerging, tender green leaves unfurling from branches, blossoms opening soft and full of promise, the earth waking up, stretching toward the light. Let yourself see it. Let yourself feel it. Where do you notice signs of new life around you right now? What beauty have you overlooked or rushed past?

As you breathe in, imagine you are breathing in this new life, fresh air, new beginnings, possibility, and as you breathe out, release whatever feels heavy, whatever belongs to a season that has already passed. Breathe in new life. Breathe out whatever is no longer needed. Ask yourself, What am I ready to release? What new possibility is asking to be welcomed into my life?

We are living now in the afterglow of Easter, a time when resurrection is not just something remembered, but something still unfolding. New life is not loud. It begins often quietly in small stirrings, in unseen growth, in hope that dares to rise again. Notice where new life might be stirring in you, a new idea, a softened heart, a courage you didn't know you had, a possibility you are just beginning to trust. No need to force it just notice. Consider these gentle questions...

Where do I sense resurrection stirring within me? What small beginning might I be tempted to overlook or dismiss?

Like leaves reaching toward the sun, your life, too, is drawn toward something greater, toward light, toward love, toward becoming. Breathe in that truth. You are not stuck. You are growing. You are becoming even now. Reflect in the silence. What is drawing me toward light in this season? How might I lean more fully into growth, even if it feels uncertain.

Rest here for a few moments, breathing in beauty, breathing out peace, receiving the quiet gift of new beginnings. What are you being invited to receive right now? What would it look like to trust this new beginning?

As you prepare to return, carry this with you. New Life is already at work in the world around you and within you. Let it unfold, let it breathe, let it lead you gently forward. What one small step can you take to honor this new life today. How will you remain open to what is still becoming?

Take one more deep breath in and slowly release when you are ready. Open your eyes. Step into this day alive to the beauty of new life. Amen,