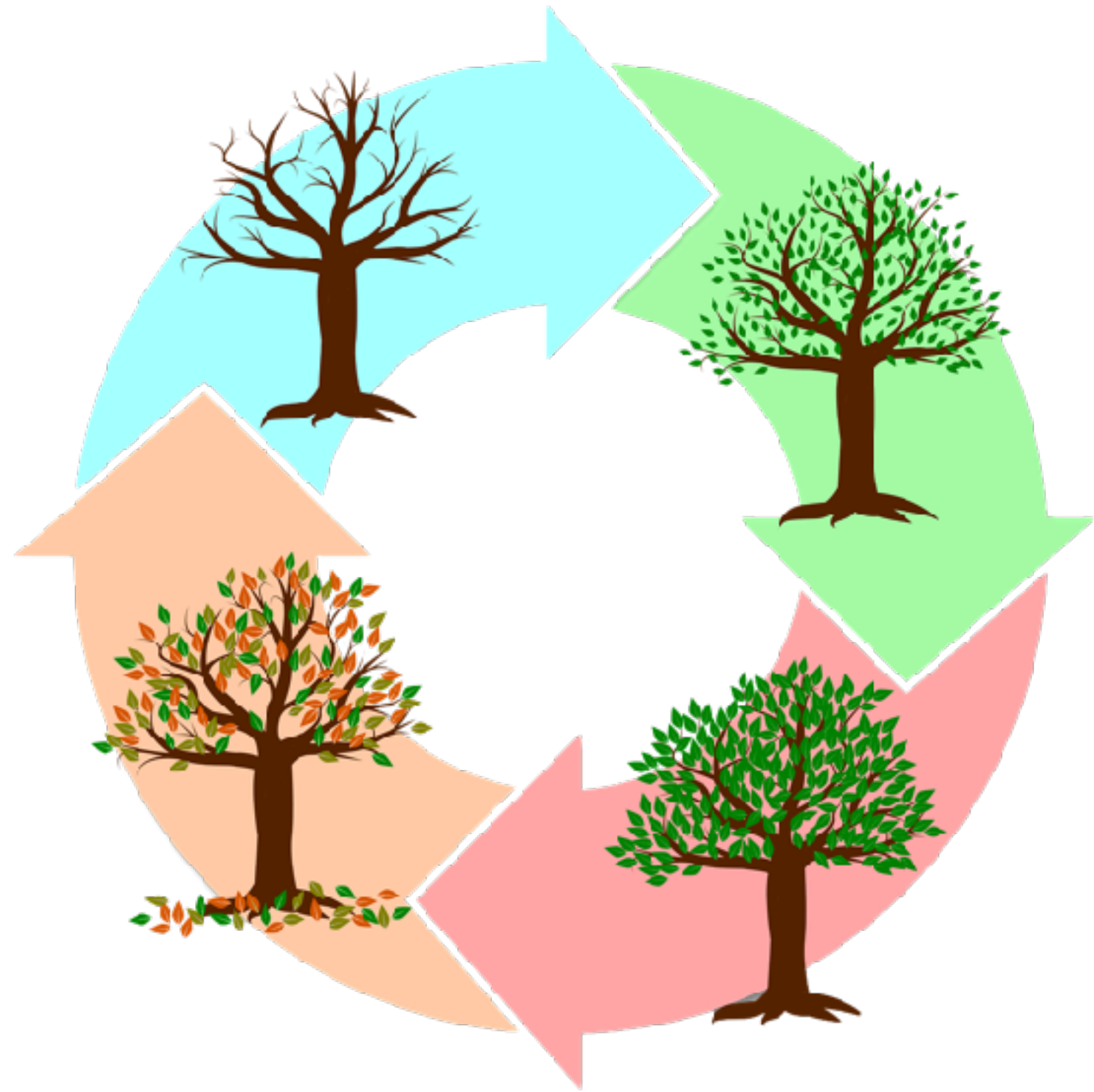


# Cycles of Grace in a driven world

Nick Helm 12 January 2022

# The Cycle of Creation

- consider the lilies of the fields...
- consider the cycle of the seasons... growth, ripening, harvest, wintering, new growth...

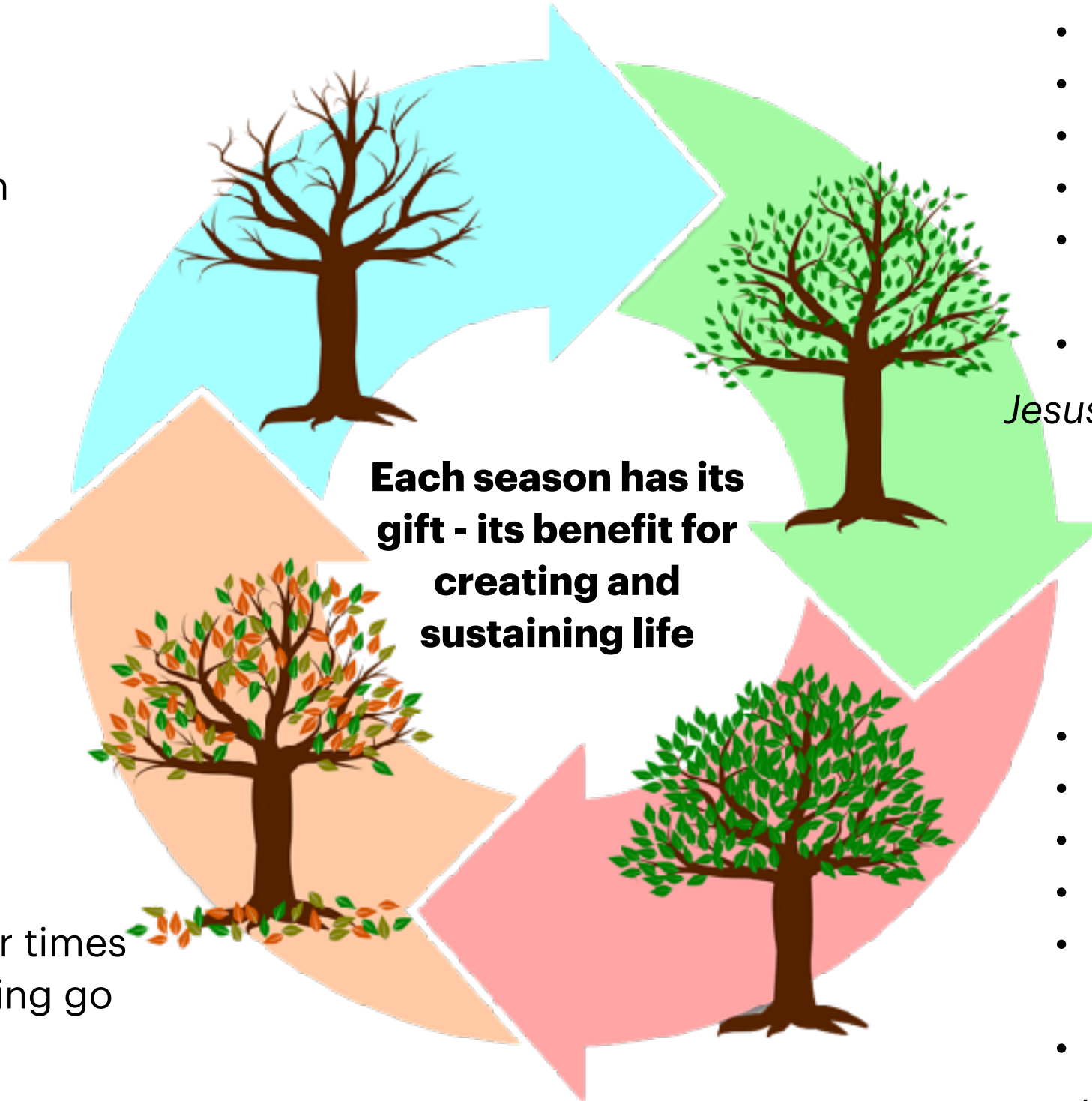


## Winter

- Cold & bleak
- Trees stripped
- Fields bare
- Harsh weather
- Life reduced, hidden
- Purifying
- Seeing further
- pregnancy

*Jesus: Death & Burial*

Different aspects of life can be in different seasons  
Every season has some sense of leading to the next



## Spring

- Warming
- Emerging growth
- More light, colour
- New life visible
- Moving outward
- Greater hope & energy
- birth - new life

*Jesus: born / resurrection*

## Autumn

- Cooler weather
- Growth has stopped
- Last fruits gathered
- Tidying up
- Preparing for harsher times
- Drawing back & Letting go
- Growing emptiness
- Longing for life

*Jesus: into Jerusalem - facing the cross*

## Summer

- Heat
- Fullness of life
- Ease & Enjoyment
- Thankfulness
- Scorching - care needed
- maturing

*Jesus: fruitful ministry*

**Which season(s) is (are) active for you at present?**



# The Cycle of the Spiritual Exercises

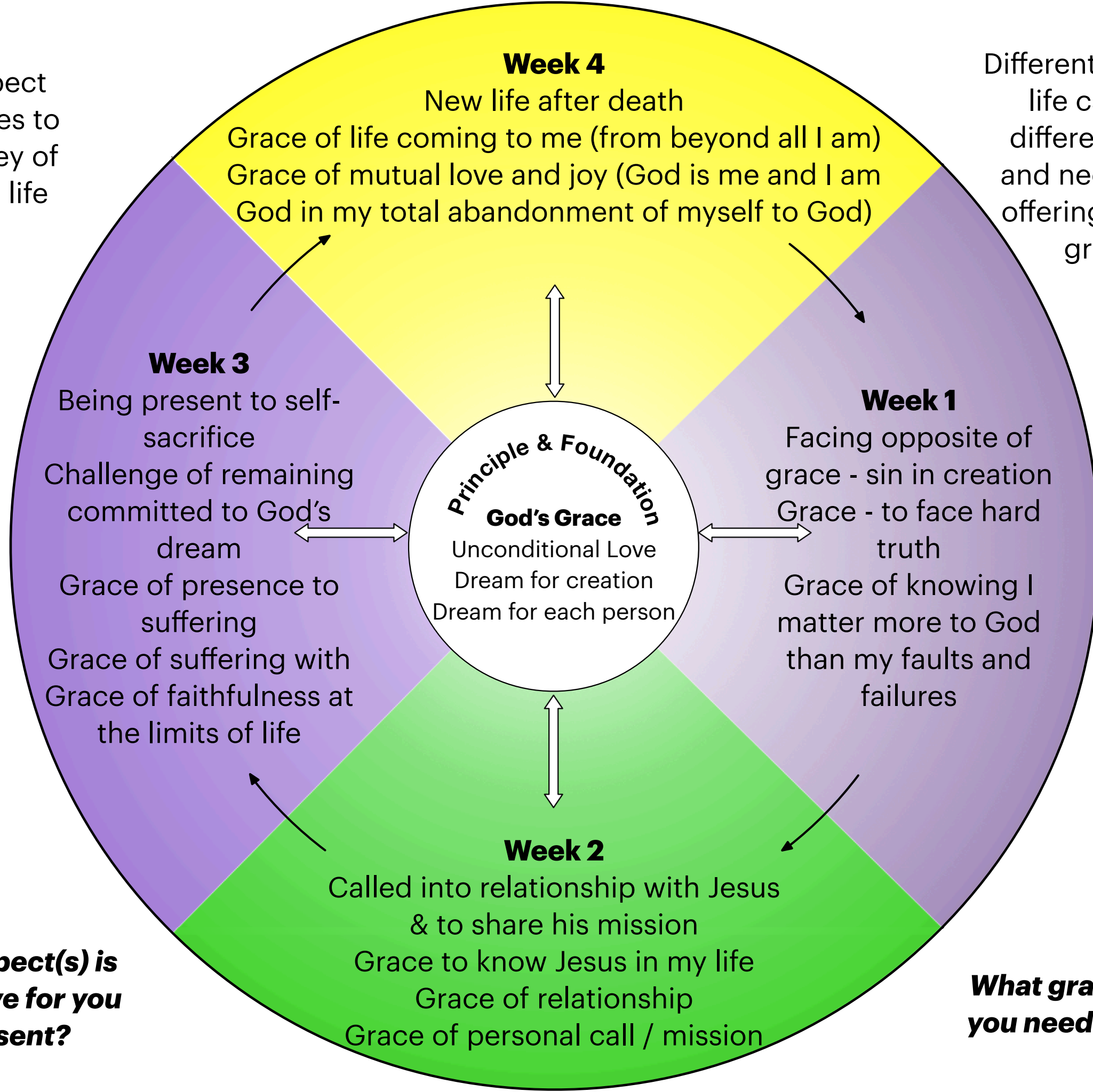
- Ignatius of Loyola (1492-1556)
- How can my life be better centred on God's life?
- How can I co-operate with the way God is active in the world?
- Spiritual Exercises: A journey of prayer (30 days)(other forms are available!)
  - to draw closer to Jesus
  - to discern purpose of life
  - to gain freedom to live it
  - centred on God's grace as the source for the journey





Each aspect contributes to the journey of faith and life

Different aspects of life can be in different stages and needing and offering different graces.



**Which aspect(s) is (are) active for you at present?**

**What graces might you need and gain?**

# The Dynamic Cycle

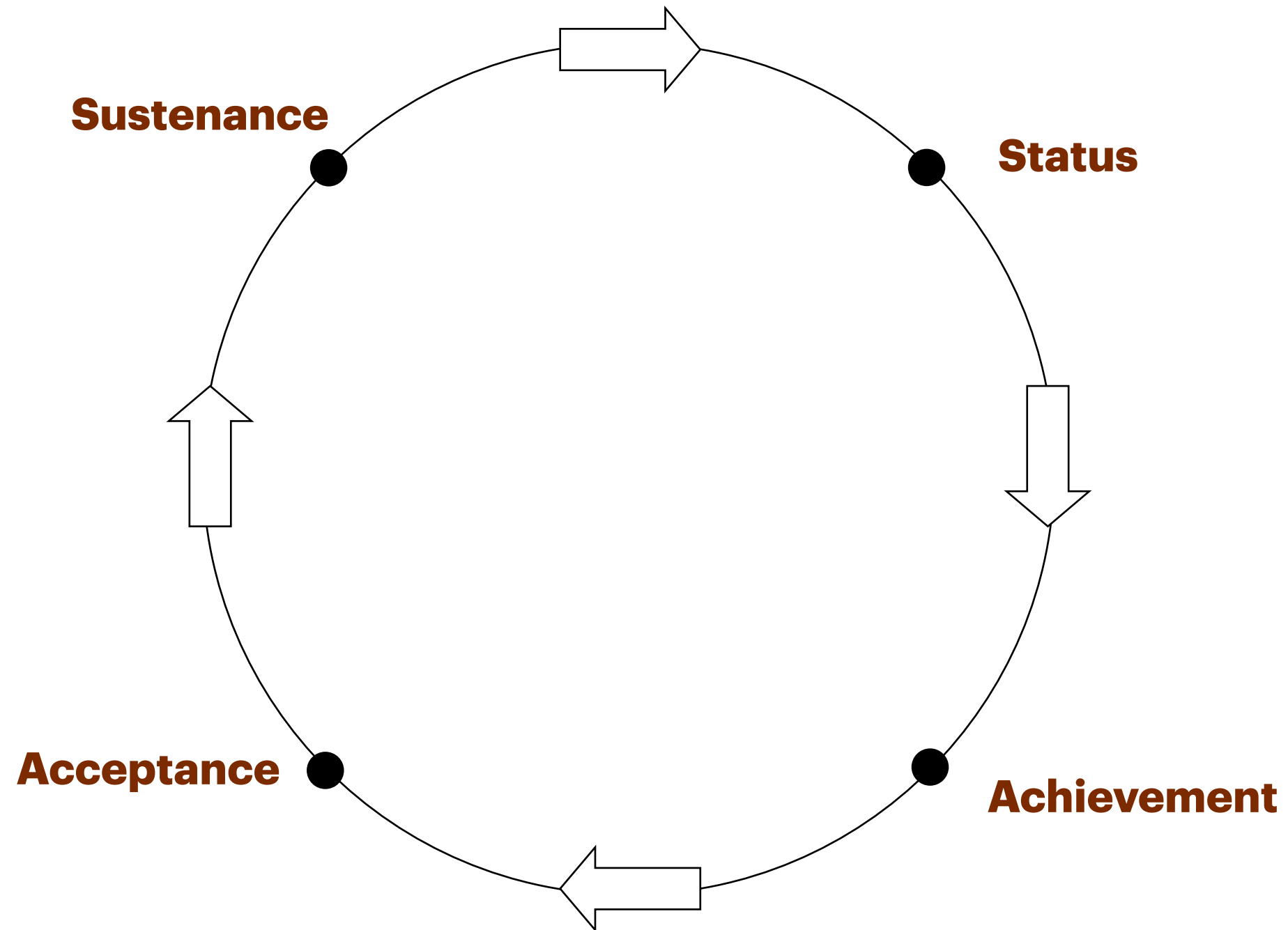
## Frank Lake - Clinical Theology

- UK pioneer of pastoral counselling
- Psychiatrist in Yorkshire - 1950's - 70's
- Clinical Theology: theology rooted in the love and power of God but meticulously observant of the sound practice of psychiatry and psychotherapy
- Jesus - the model for mental health and normality

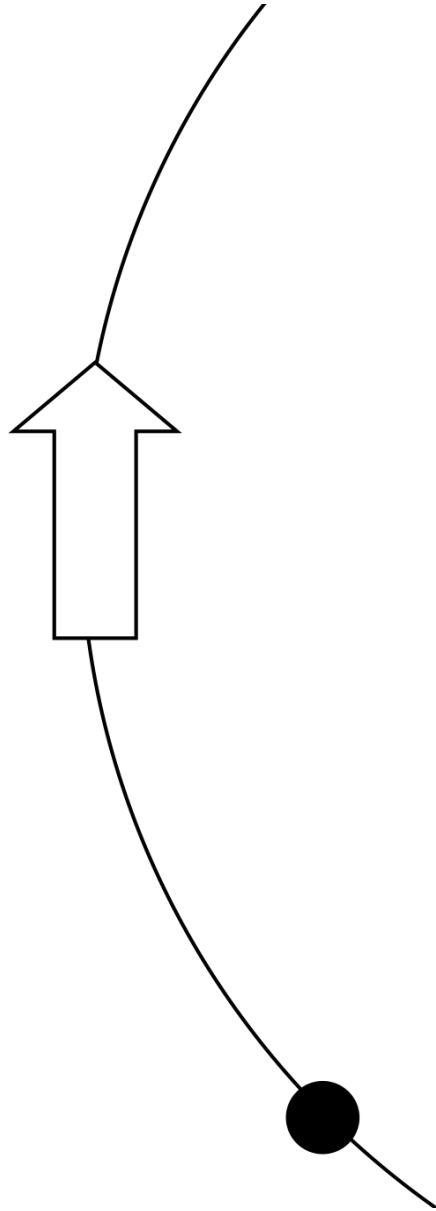


# Dynamic Cycle

- Tracing the life of Jesus
- Four Stages



# Acceptance



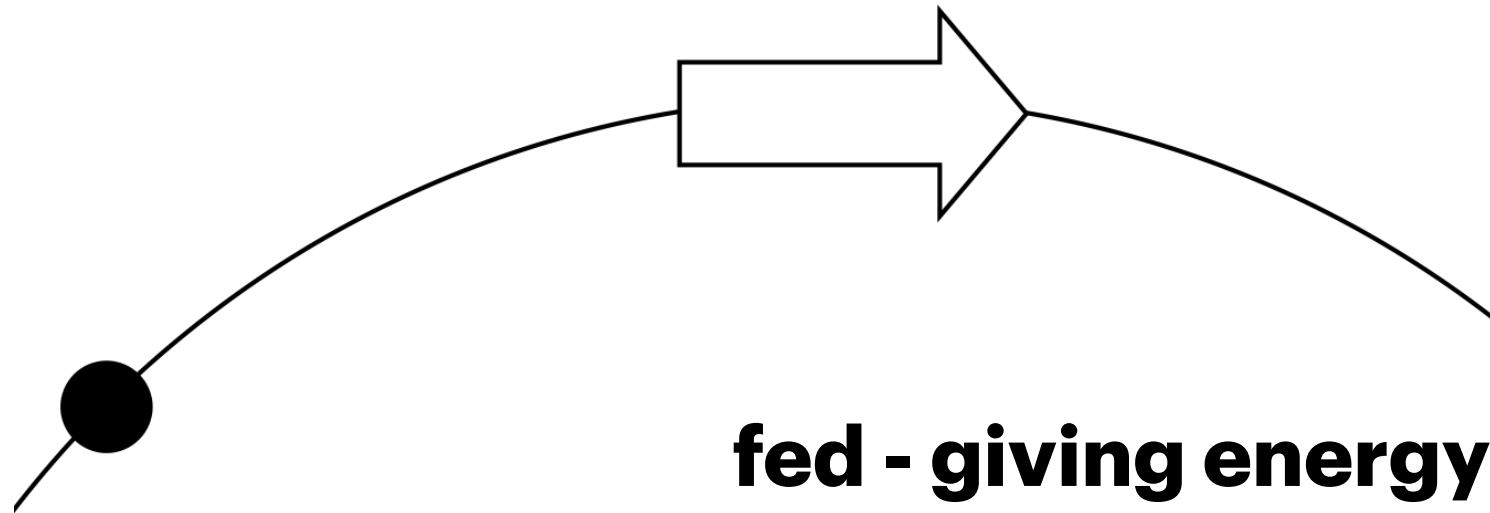
- Birth: 'Yes' of Mary & Joseph
- Baptism: 'You are my Son'
- Transfiguration

## **Effect:**

- Affirmation
- energy
- 'Its okay to be me'



# Sustenance



**fed - giving energy to explore  
life - step out - discover**

- Jesus as a boy stays in the temple with the teachers
- Jesus as an adult leaves Nazareth

## **Effect:**

- love sustaining beyond initial acceptance
- greater trust and confidence

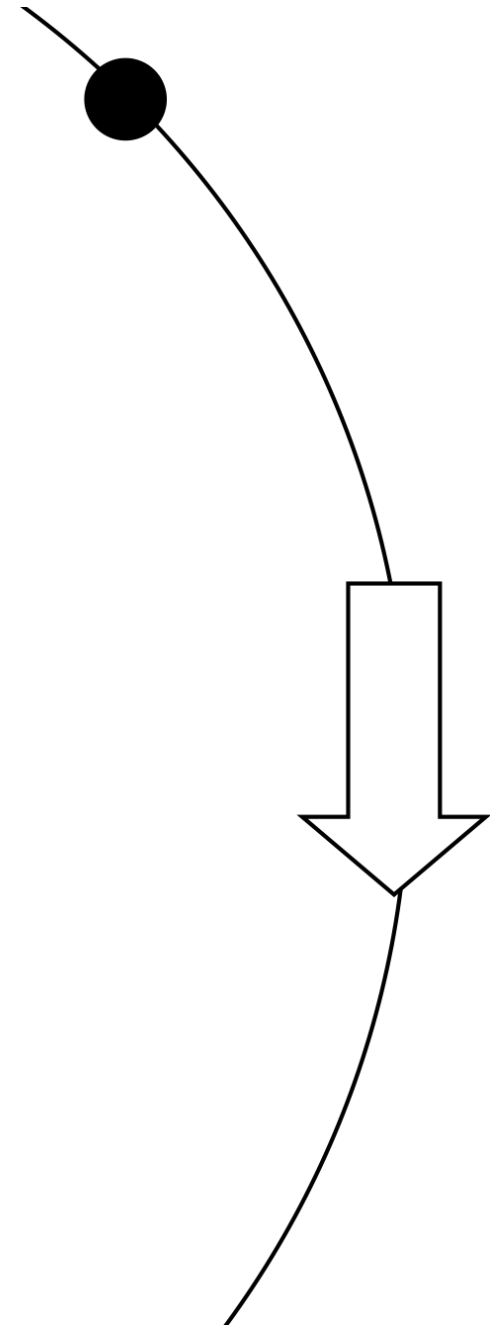
# Status

## knowing who you are - what you are about

- Synagogue in Nazareth: 'today this scripture has been fulfilled'
- Washing Disciples Feet: 'knowing that the Father had given all things into his hands...'

### Effect:

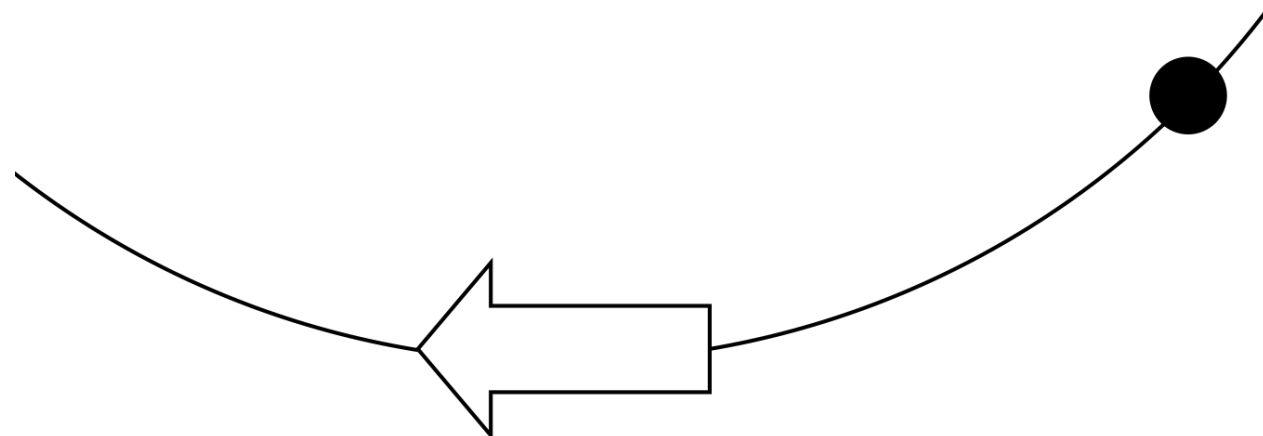
- ability to naturally live out of authentic self



# Achievement

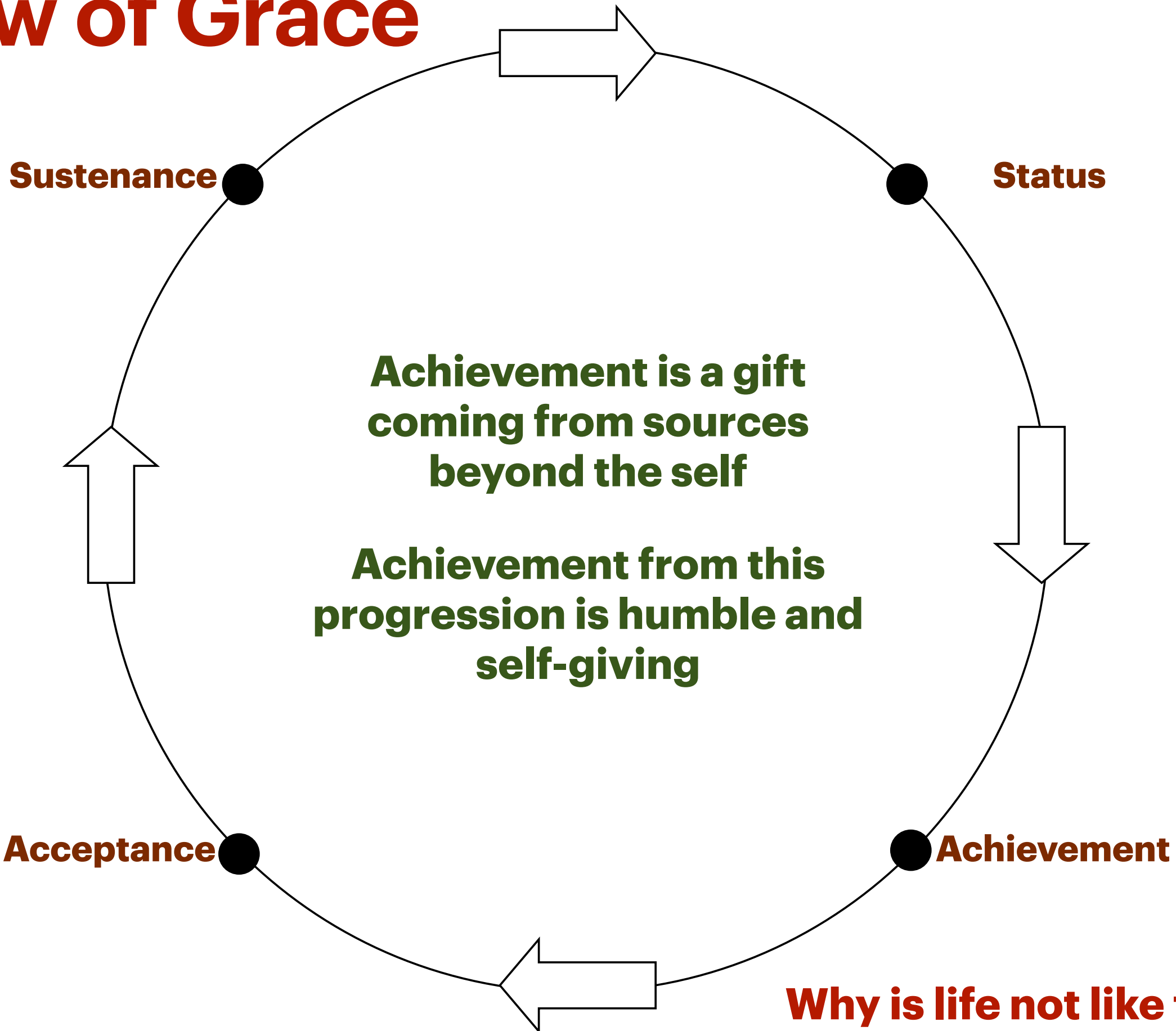
## **Living out his status - achieving his mission**

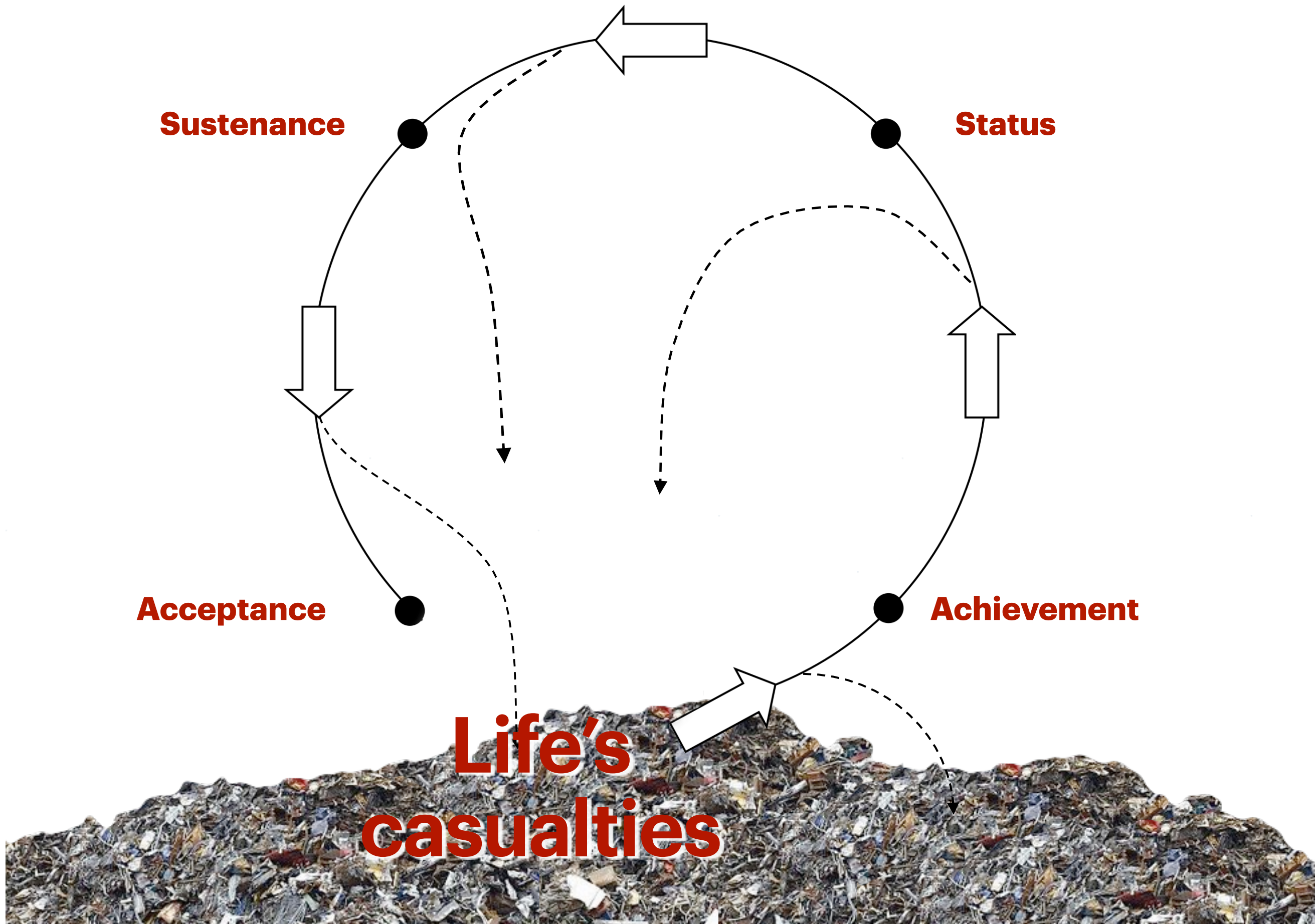
- Jesus 'doing the Father's will'
- Gethsemane - not my will...
- On the cross - it is finished





# Flow of Grace





**Sustenance**

**Status**

**Acceptance**

**Achievement**

**Life's  
casualties**

# Where is Jesus?

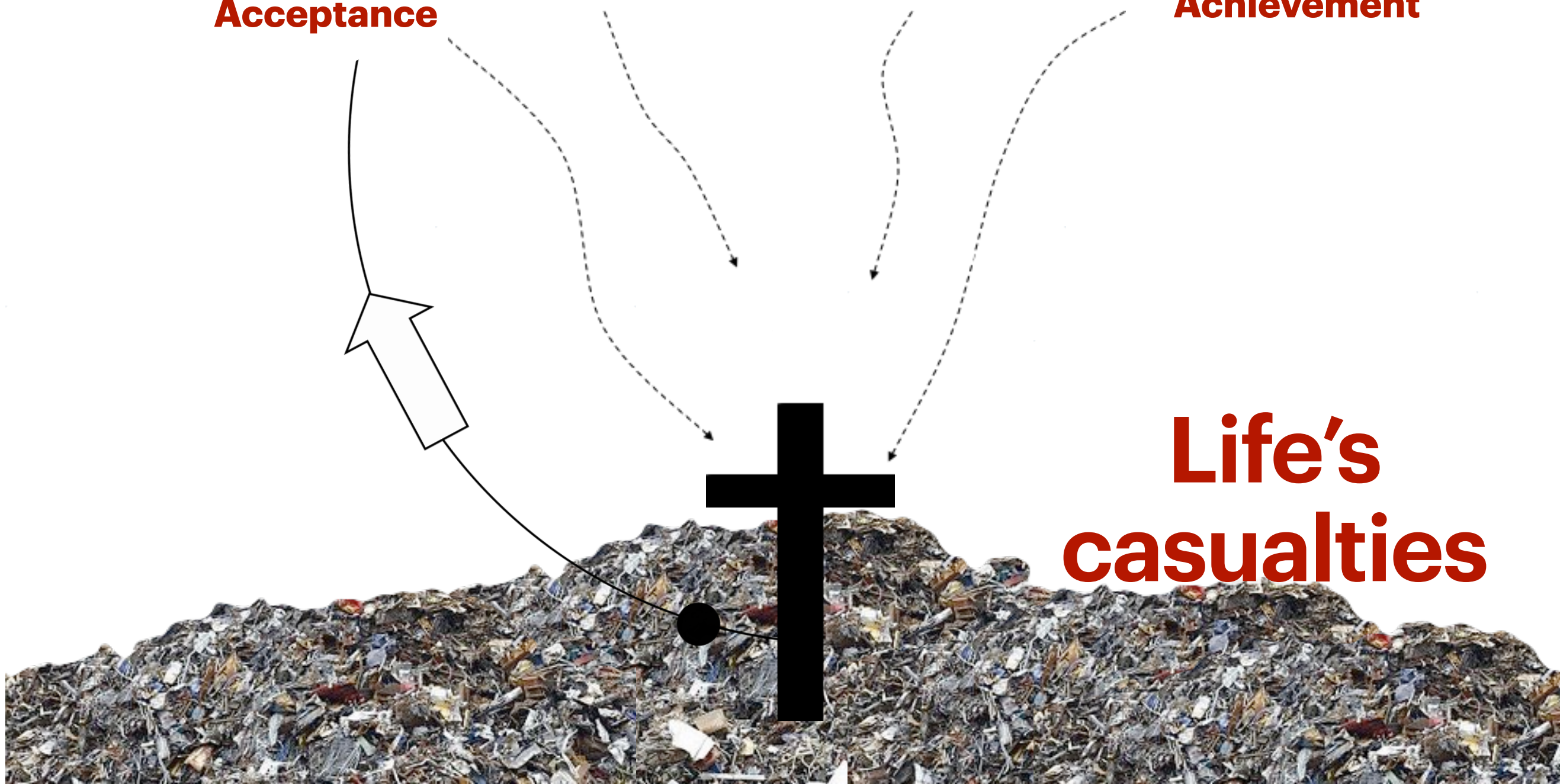
**Sustenance**

**Status**

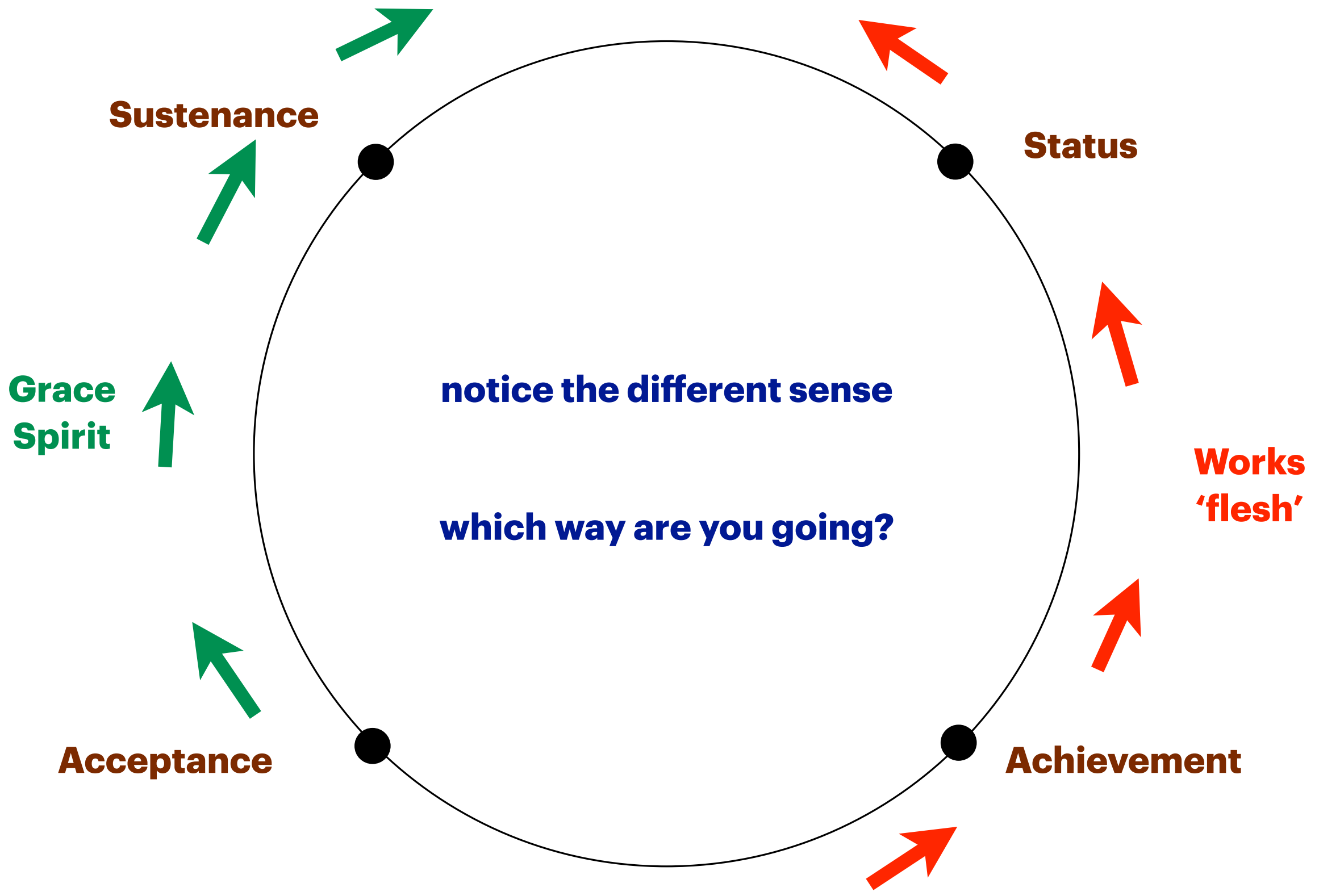
**Achievement**

**Acceptance**

**Life's  
casualties**







# Dynamic Cycle

