

## **Session 2**

### **Don't try to do everything!**

#### **Personal Reflection**

##### A. *Spend time reading the Covenant Prayer.*

What do you find easy to say and why?  
What do you find difficult to say and why?  
What particularly jumps out at you?

What things might God be asking you to stop?  
And to continue?  
What new things may God be seeking to place in your  
life?

*I am no longer my own but yours.  
Your will, not mine, be done in all things,  
wherever you may place me,  
in all that I do  
and in all that I may endure;  
when there is work for me  
and when there is none;  
when I am troubled  
and when I am at peace.  
Your will be done  
when I am valued  
and when I am disregarded;  
when I find fulfilment  
and when it is lacking;  
when I have all things,  
and when I have nothing.*

*I willingly offer  
all I have and am  
to serve you,  
as and where you choose.*

*Glorious and blessed God,  
Father, Son and Holy Spirit,  
you are mine and I am yours.  
May it be so for ever.  
Let this covenant now made on earth  
be fulfilled in heaven. Amen.*

##### B. How does this covenant hymn resonate in your life?

*"Listen, my people, here is my challenge:  
Can you be loving as I love you?  
Those who offend you, hurt or ill-treat you,  
Like you God's children, they're precious too!"*

*Do you mean us, Lord? Can it be done, Lord?  
Self-giving love that looks for no gain?  
If you'll stay close we'll give it a try, Lord,  
Showing your mercy, sharing your pain.*

*"Listen, my people, here is my challenge:  
Can you forgive as I forgive you?  
Those who have failed you, pained or betrayed you,  
Do not condemn, you've all done it too."*

*Do you mean us, Lord? Can it be done, Lord?  
You will repay, so leave it to you?  
Help us to trust and let you be judge, Lord.  
As you forgive, may we forgive too*