

## **From Here to Eternity: Session 1—Self-Awareness & Journey of Life**

### **Reflection questions:**

- Where am I on the cycle of life? Where are my parents? Other loved ones?
- Imaginative Prayer with Those who Have Died:  
Close your eyes and imagine Jesus sitting right beside you in your prayer. Chat to him and tell him about your day and your life. Now remember a loved one who has died and ask them to join your prayer time with Jesus. Talk to your loved one as you used. Tell them all the things that you have done since they died. Share all the good memories with them. Share with them how much you love for them and how you miss them but you are happy for them being in heaven. Tell them whatever you never got to tell them before they died. If you want to, ask them for forgiveness for anything said or done. Listen for their gentle response. Close with thanking them and Jesus for this prayer.

### **Scripture**

- John 14:1-6—Many Dwelling Places in Father’s House
- Luke 22:39-46—Agony in the Garden
- 1 Corinthians 15—The Resurrection
- Luke 24:1-8—The Resurrection of Jesus

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### **New Rising**

Edwina Gately  
*A Mystical Heart*

Whatever happens to be  
I believe that somewhere,  
in the mess or madness of it all,  
there is sacred potential –  
a possibility for wondrous redemption  
in the embracing of all of that is.  
For in the unfolding of my journey,  
in all its soaring delight  
and crushing pain,  
I may be sure that God is there –  
always ahead, behind, below, and above,  
encompassing all the befalls me  
in a circle of deep compassion.  
And there,  
above the darkness  
that wraps me round  
the bright wings of the Dove  
hover and beat  
in gentle healing love  
and invitation to  
New Rising.