



**Go Deeper – 7<sup>th</sup> Jan 2024 – Be More Magi**

Dear Miners,

I hope you enjoyed epiphany and have found a moment to reflect at the turn of the year. I'm enjoying a book which is encouraging me to reflect on what I do and don't do, to relinquish my sense of control in some areas and accept the limits of my existence, to embrace making choices of what to do and put down. It was in that spirit that I encouraged church to take a moment to look back and look ahead. Wise people don't just think and reflect, they act and move with purpose. What direction are you going in?

The four questions from today were:

- What journey has been worth making this last year? Where was JOY?
- What journey has been hard this year? What have you carried that you didn't need to, or wish you hadn't had to? Can you begin to put it down? Where is LAMENT? Would you like to pray or talk with anyone about that? Do let someone know.
- What are you travelling towards this year? Where is HOPE?
- Like the Magi who chose worship over study, who chose an epic journey over a library, where are you ready to change? Where are you ready to be surprised by God, outside your comfort zone? Where is WISDOM?

I pray your year has started well, may you be blessed on this turn around the sun.

Every Blessing

Rob

**Deeper Stuff**

The book I have been reading is [4000 Weeks, Time Management for Mortals](#) by Oliver Burkeman. Not a religious book, but a profoundly helpful one.

I'm not generally a fan of resolutions, but one podcast that helped me make one I'm trying to stick to is from my old favourite The Happiness Lab.

<https://www.pushkin.fm/podcasts/the-happiness-lab-with-dr-laurie-santos/text-a-friend-right-now>