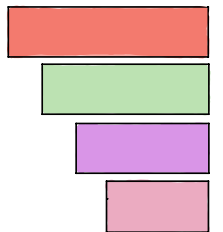




THE
ALL
TERRAIN
Podcast -



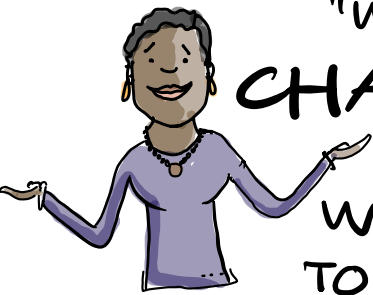
Ep. 47

Bishop Rose Hudson-Wilkin

HOW DO YOU FACE CHANGE?

BE ALIVE

IT'S NOT ABOUT HAVING CHANGE DONE TO YOU
= BUT =



"WHAT CHANGE DO I WANT TO SEE?"

ENGAGING WITH GANGS
IN HACKNEY
VALUING THEM NOT JUST
BYPASSING THEM -

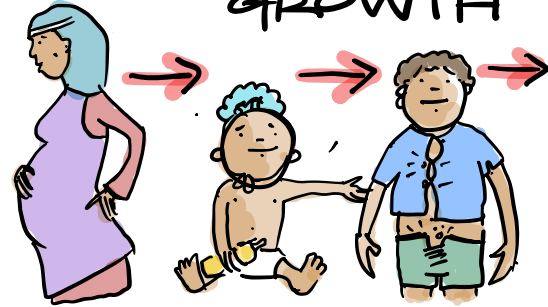
LIVE IN THE MOMENT



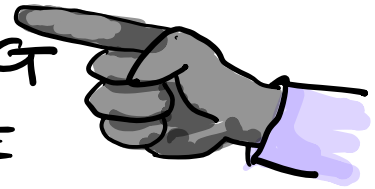
TAKE A LOOK AT YOURSELF IN THE MIRROR

LET'S BE THE ARCHITECT OF THE CHANGE WE WANT TO SEE

CHANGE EQUALS GROWTH



ENGAGING & CHALLENGING
CHALLENGING YOUNG PEOPLE
& THEIR MOTHERS.



WE NEED TO BE COURAGEOUS ADVOCATES

like JESUS



DANGER THAT WE GIVE OUR ADVOCACY AWAY TO OTHERS.



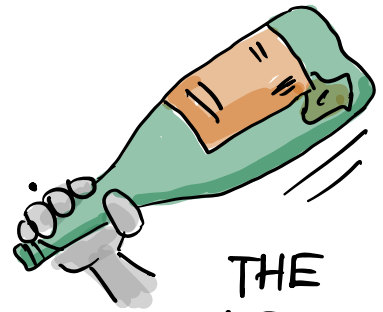
UBUNTU
Because you are I am.

WE SHOULDN'T LEAVE THIS TO THE PROFESSIONALS - WE NEED TO RISE UP & SAY "Not in our name!"

HOW DO YOU MOVE THROUGH SUFFERING?

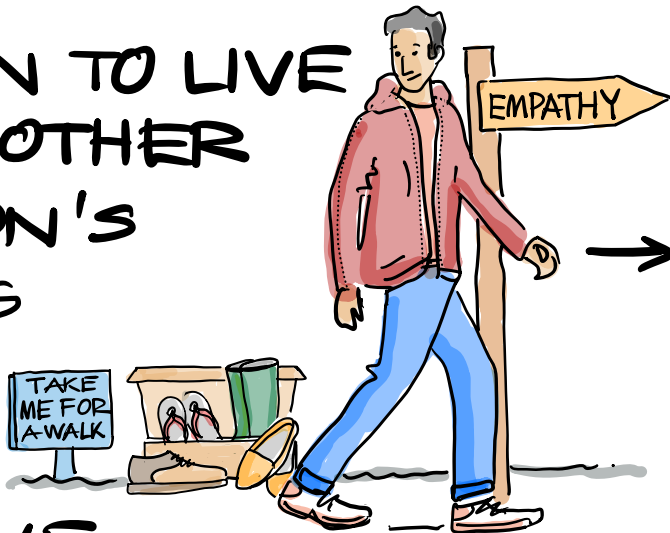
IT'S REAL

YOU CAN'T PUT IT IN A BOTTLE & THROW AWAY



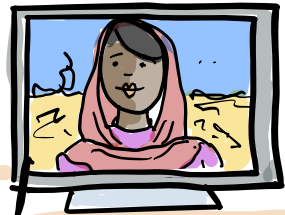
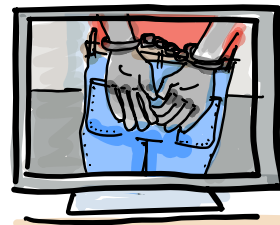
THE IMPORTANCE OF BEING EMPATHETIC

LEARN TO LIVE IN ANOTHER PERSON'S SHOES



→ WALK A MILE WITH OTHERS

YES, WE ARE OUR BROTHER'S KEEPER (ref. Cain & Abel)



I WEEP.

I DON'T TURN T.V. OFF!

IN THIS CURRENT SITUATION WE NEED TO PAUSE



WE HAVE TO MOVE THROUGH SUFFERING OTHERWISE IT LEADS TO A KIND OF RAGE

I do not want this VENGEANCE in my name !!



HOW LONG DO WE WANT TO PERPETUATE THIS ???

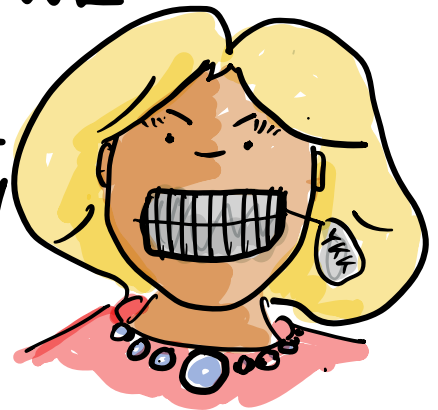


- NOT HATE -

WE CAN DO SO MUCH TO
ALLEVIATE
SUFFERING OF OTHERS



I AM ASHAMED AS A CHURCH
THAT FEMALES AS TREATED
AS THEY ARE - WE -
MUSN'T
PERPETUATE
THIS!

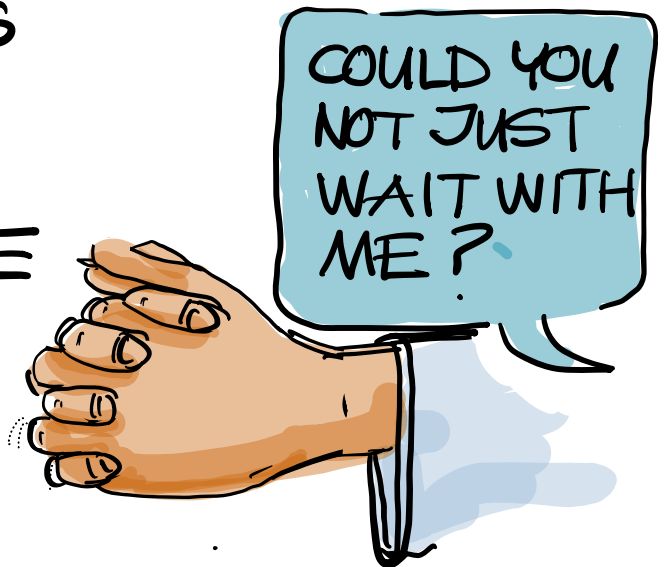


WE MUST STAND
ALONGSIDE OTHERS



IN GETHSEMANE

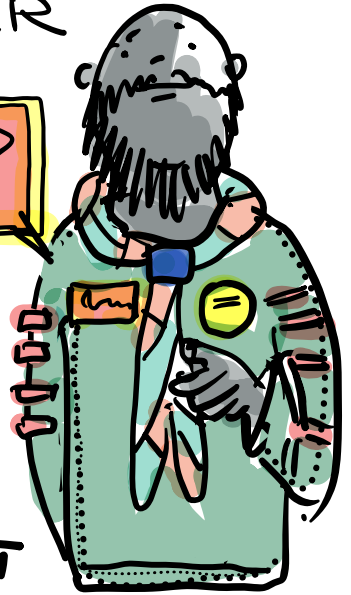
Matthew 25



TENDENCY TO WEAR
SUFFERING
AS A BADGE OF
HONOUR



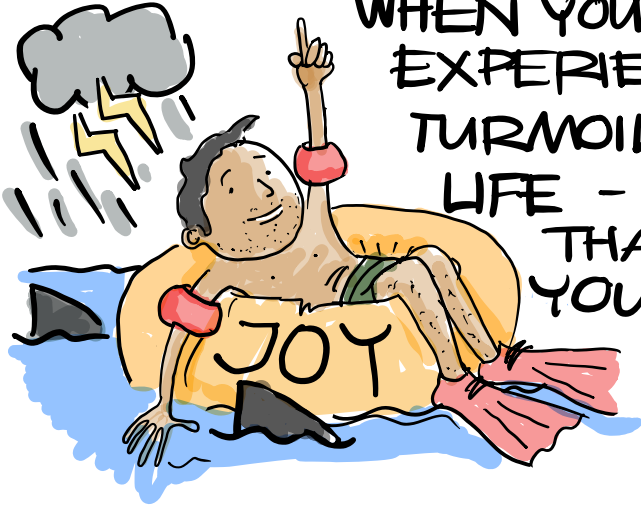
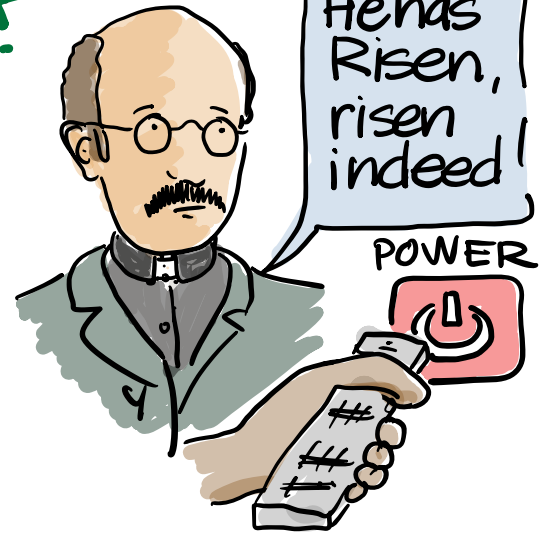
WE NEED
TO MOVE
BEYOND THIS
TO A PLACE
OF HEALING



HOW DO YOU RECEIVE JOY?

NO OPTION

IF WE PROFESS FAITH JOY IS NOT AN OPTION



WHEN YOU ARE EXPERIENCING TURMOIL IN YOUR LIFE - IT'S JOY THAT KEEPS YOU BUOYANT!

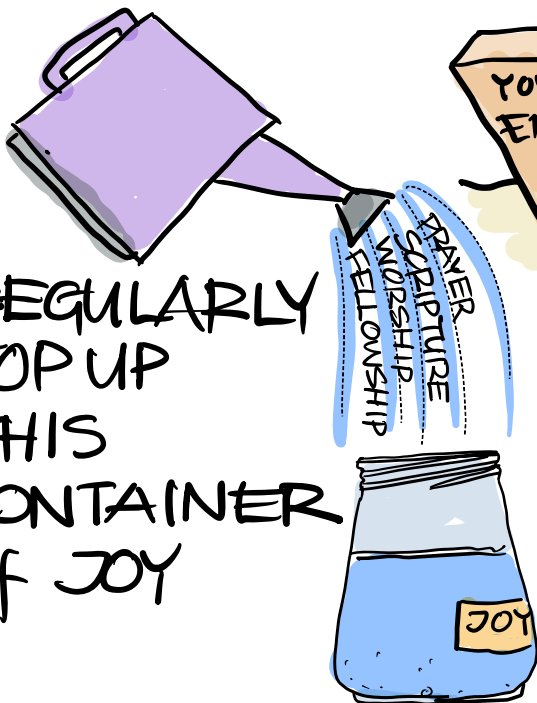
BE JOY!

IN SUNDAY SCHOOL I LOVED SINGING

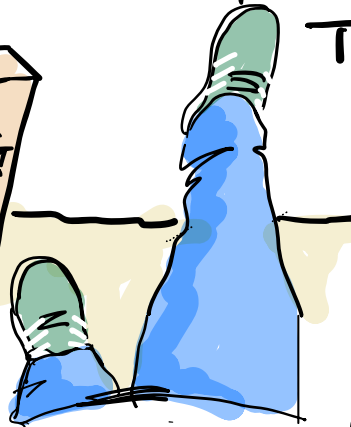
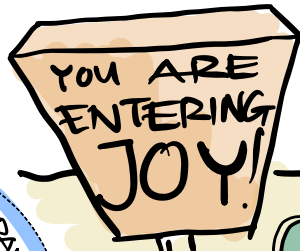
"I've got the joy, joy, joy, joy down in my ♥"

JOY IS ABOUT RECOGNIZING THE PRESENCE OF GOD WITH US AT ALL TIMES!!

WALKING INTO THIS SPACE OF JOY ALLOWS YOU TO HOLD ALL OTHER EMOTIONS & CHALLENGES YOU GO THROUGH!



REGULARLY TOP UP THIS CONTAINER OF JOY

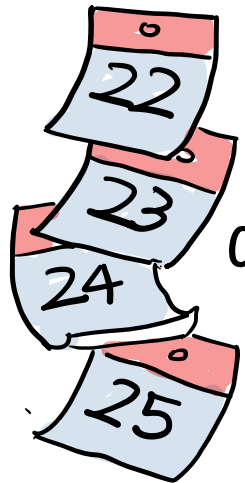


I OFTEN CHALLENGE CONGREGATIONS TO BE MORE LIKE CHEERING FOOTBALL CROWDS

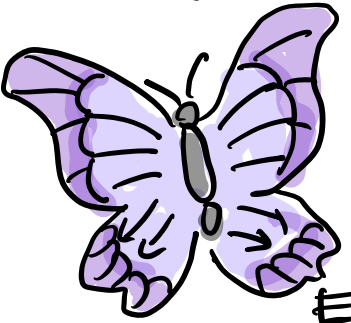
HOW DO YOU MATURE IN SERVICE?

ONE DAY AT A TIME

Oh Jesus I have promised to serve thee to the end



IT CAN'T BE RUSHED YOU HAVE TO DO THE WALK



WE MUSN'T ALWAYS WISH THINGS AWAY FROM US IN OUR LIFE'S JOURNEY BECAUSE EVERY EXPERIENCE IS A LEARNING ONE

DON'T BE IN A RUSH WALK SLOWLY



Sound Smell Touch Taste

Sight



ALL OUR SENSES INVOLVED

WHILE I AM ANTICIPATING TOMORROW I MIGHT BE MISSING OUT ON SOMETHING TODAY

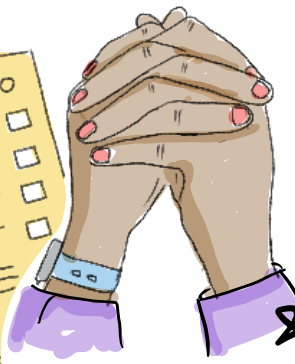


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I TRUST GOD TO WALK WITH ME ON THIS JOURNEY



WE TEND TO FOCUS ON SPRINTS & SPEED



EVERYDAY I LOOK AT MY DIARY & OFFER IT UP IN PRAYER