

Weds 15 April

Rummaging in the Week for God

A midweek bible study and examen from Northwest Anglican



This midweek bible study and examen is designed to help you 'rummage' in the week for God. Much like a drawer of random bits and pieces, so we will rummage to find God in our week, knowing that the drawer always reveals something useful, something treasured and more often than not, something unexpected. *The examen is an ancient Christian spiritual practice that can help us to discover God's hand at work in our whole experience. Through examining the week and prayerful reflection we will learn to detect God's presence and discern God's direction for us.*

Scripture

Luke 24: 13-35

Song



https://www.youtube.com/watch?v=bpTXb_-sir8
Psalm 23 (I am not alone)

Reflection: Val

"Jesus himself walked with them"

When Jesus was buried his followers were left feeling sad, scared, confused, frustrated, and doubtful. They were scattered and in retreat. Sound familiar?! Our circumstances are different but we may be feeling some similar emotions. Verse 15 is an encouragement to me today - "Jesus HIMSELF... walked along with them." Not an angel or some other companion, but, Jesus himself travelled with them, speaking, revealing new things, staying with them.

Are you experiencing your own Emmaus Road just now? Life's journey has taken an unexpected turn and you wonder what will happen next? Know that the God who came to be with us is alive and well, and walking alongside you. Jesus, full of life and resurrection power is in this with you. David Adam wrote "Once you realise that you never walk alone, a new confidence and joy comes into your journey." Is it possible to live with confidence and joy in a lockdown? Not by my own strength, but, by the presence of Jesus.

If you are in need of support (prayer or otherwise) please contact us:
Rev. Learnie 021 984 002 or office@northwestanglican.org.nz



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Some ideas

- Guy Brinkworth suggests visualising the presence of Jesus. To imagine Jesus a loving Presence over my shoulder as I go about my daily tasks - in my walking, my shopping, queue waiting - ever the loving sense of the Presence of Jesus with me. Describe what it means for you that Jesus is with you always.
- Find some way of symbolizing the Presence of Jesus - a chair, lamp/candle, stone or something else.
- Read/Study about a Bible character who met the Lord on a journey - Hagar, Jonah, Jacob, Saul/Paul.

The Examen

1. Ask God for light.

Become aware of God's presence. Look back on the day and recall moments where you were aware of God with you. "I want to look at my day with God's eyes, not just my own."

2. Give thanks for the day that has been.

Review the day with gratitude. What happened that reminded you that you are blessed? "The day I have lived is a gift from God, I give thanks."

3. Rummage through the day looking for God.

Consider conversations, thoughts, actions that occurred. Pay attention to your emotions as you consider the day. "I carefully look back on the day just completed, being guided by the Holy Spirit. "

4. Face up to shortcomings.

Recall mistakes and failures, moments where you could have responded differently. "I face up to what is wrong in me and I offer it to God."

5. Look toward tomorrow.

Ask God to be with you tomorrow. Pray for strength and wisdom for tomorrow and to face whatever is to come. "Today is done. I will rest. Be with me God in the coming day."

We have sourced some of this material from: www.ignatianspirituality.com

Closing Prayer

Open our eyes, Lord.
Without the gift of your revelation,
our eyes are kept from recognizing you.
Appear before us, suddenly, unexpectedly, in all your glory.
So that we, too, may proclaim to a world in despair,
that we have seen the risen Lord.

— written by Nathan Bierma, inspired by a sermon on Luke 24 by John Witvliet.

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