



Weds 1 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.

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*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

Psalm 121: 5-8

The Lord watches over you, the Lord is your shade at your right hand;  
the sun will not harm you by day, nor the moon by night.

The Lord will keep you from all harm, the Lord will watch over your life;  
the Lord will watch over your coming and going, both now and forevermore.

# Song



[https://www.youtube.com/watch?v=ESmuG\\_5MOiw](https://www.youtube.com/watch?v=ESmuG_5MOiw)

The Goodness of Jesus - CityAlight

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# Reflection: Val

*(A reflection as I've read Eugene Peterson's commentary on Psalm 121.)*

Do Christians ever suffer sunburn (physical pain) or moonharm (lunacy)? Yes, of course, and we are also susceptible to viruses. So, what does "The Lord will keep you from all harm" mean? Peterson says, "It's not that we shall never stub our toes but that no injury, illness or distress will have evil power over us, that is, will be able to separate us from God's purposes in us." Neither can any circumstance separate you from God's love. See Romans 8 v. 35-39.

The problem is often in our own heads, assuming that when difficulties come and life feels tough, then God has abandoned us, or worse, is punishing us. No! Psalm 121 reassures with a promise - "The Lord will watch over you". Eight times God is described as the One who helps me, keeps me and watches over me. An ever present companion and guardian, who walks with me in life's journey, always.

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# Questions

- In v.1 the Psalmist asks if help can come from the mountains where worship of stars, idols and magic happened. What false mountains do we go to when seeking help?
- Look up other Bible verses about the God who watches over or guards us.
- Spend some time imagining God as your Guardian. What do you see, hear, sense? Try drawing this (stick figures are good.)

# 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."

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# The Examen

## 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](http://www.ignatianspirituality.com)*

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# Closing Prayer

## A Celtic Prayer

God to enfold me, God to surround me,  
God in my speaking, God in my thinking.  
God in my sleeping, God in my waking,  
God in my watching, God in my hoping.  
God in my life, God in my lips,  
God in my soul, God in my heart.  
God in my sufficing, God in my slumber,  
God in mine ever-living soul, God in mine eternity.

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