

Weds 29 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

Psalm 145: 1-21

Song

https://www.youtube.com/watch?v=SkAcxQ_nZoA
Doxology//Amen
Phil Wickham



Praise God from whom all blessings flow
Praise him all creatures here below
Praise him all he heavenly hosts
Praise Father, Son, and Holy Ghost

Praise God for all that he has done
Praise him for he has overcome
The grave is beaten love has won
Praise God our Savior, Christ the son

Amen Amen Amen
God we praise You
God we praise You

Reflection: Learn

Autumn is probably my favourite season although Spring comes a really close second. Autumn is the slowing down... the paring back...the preparing for the Spring and fruitfulness to come. People often say that Auckland doesn't really do Autumn colours but then I went for my walk the other day with my camera in hand and was amazed at how much autumn colour I could capture. The beauty of nature around me always draws me to praise our God. Whether it's a mighty Muriwai Beach crashing in a winter storm or the stunning colours of apricot and red and yellow that bursts forth in this season – "great is the Lord and most worthy of praise". The mighty acts of God "speak of the glorious splendour of God's majesty". In this psalm David can't seem to stop speaking in lavish terms of the greatness and goodness of God and all of the mighty works and graciousness and responsiveness of the awesome God we are privileged to know. It is like a waterfall of praise and adoration flowing down as he remembers and describes it all. Despite all that is happening around us can we like the psalmist say " My mouth will speak in praise of the Lord."

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



CHURCH OF THE GOOD SHEPHERD

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Questions

1. Read Psalm 145 slowly and write down every part of God's character and behaviour that the psalmist mentions and praises and/or draw a picture of all that the psalmist describes.
2. Start your own list of the aspects of God's nature for which you are thankful. Add to the list in the following days as you see/hear remember them.

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

O God of Creation, you have blessed us with the changing of the seasons.

As we welcome the autumn months,
may the earlier setting of the sun
remind us to take time to rest.

May the brilliant colors of the leaves
remind us of the wonder of your creation.

May the steam of our breath in the cool air
remind us that it is you who give us the breath of life.

May the harvest from the fields remind us of the abundance we have been given and bounty we are to share with others.

May the dying of summer's spirit remind us of your great promise that death is temporary and life is eternal.

We praise you for your goodness forever and ever.

- Author Unknown

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