

Weds 8 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

Matthew 26: 26-30

²⁶ While they were eating, Jesus took bread, and when he had given thanks, he broke it and gave it to his disciples, saying, "Take and eat; this is my body."

²⁷ Then he took a cup, and when he had given thanks, he gave it to them, saying, "Drink from it, all of you. ²⁸ This is my blood of the covenant, which is poured out for many for the forgiveness of sins. ²⁹ I tell you, I will not drink from this fruit of the vine from now on until that day when I drink it new with you in my Father's kingdom."

³⁰ When they had sung a hymn, they went out to the Mount of Olives.

Song



<https://www.youtube.com/watch?v=uuDI-sk2nJU>

This I believe (The Creed)

Reflection: Jeremy

I have been distracted these past two weeks in lockdown. How about you? We are in a wilderness season, where we are separated from many who we love, from our community of faith, from many of the comforts we are used to, and that is distracting. Here, at the last supper, we see Jesus start a ritual we still practice today. The bread and wine foreshadow the price he would pay as a ransom, in love, to make possible our union with him and each other in the Body of Christ, the peace he offers us as sinners at the table as he serves us, and the new covenant for the forgiveness of sins (to name just a few good gifts of God in Christ). Jesus challenges us, in Luke's telling of this story, to remember him, as we gather and as we take communion. We can't have communion as we used to at the moment. A lot has changed in this season for us in the wilderness, but I feel that as we head into Holy Week, that it's important that we pause, and if like me you've been distracted and perhaps you've not made time to mark that we are drawing near to Easter - then maybe now is the time to take a moment to remember. I'm encouraging you to pause, and to think about and pray about, or read about in the scriptures, the events leading up to and including Christ's death and resurrection, and to consider the gravity and the depth of the love of God that is in Christ Jesus. This weekend we mark Jesus' death, and celebrate his resurrection! Let us always remember, amidst our wilderness season, what Jesus has done.

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



CHURCH OF THE GOOD SHEPHERD

Northwest Anglican

Questions

- Take some time to write down all the things Christ has done for us through his life, death, and resurrection, that you can think of. You might like to spend some time worshipping God for who he is.
- How have you been distracted these past two weeks, clouding God out in your mind? If you haven't, why have you been able to keep focused (you might want to note down what has kept you focused at this time to keep it up)?
- Consider for the week ahead one thing you can do each day, even just for 5 minutes, to remember Jesus and in particular the Easter story, as we head towards Easter as a church. (Perhaps, you could read over your list that you wrote above, once a day - put it on the fridge or somewhere else visible?)

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

Lord, you revealed what you are like by coming in the person of Jesus.
You are the One who gives yourself up for us.
Who relentlessly pursues us in love,
Who invites us into relationship with you,
May I/we leave this moment changed by your love,
Remember all you have done this week
And know peace and calm in this wilderness season.
Give me/us the grace to endure our troubles,
Through your Son, Jesus Christ, who lives and reigns with you and the Holy Spirit.
Amen.

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



CHURCH OF THE GOOD SHEPHERD

Northwest Anglican