

Weds 13 May

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.*

Opening Prayer

Lord we thank you for your gracious provision for us all at this time of crisis in our nation. We thank you for using every circumstance to teach us more about you and we pray that we will continue to hear your calling us into your bubble again and again. Amen.

Song



<https://www.youtube.com/watch?v=PUtI3mNj5U>
The UK Blessing

Scripture

1 Kings 17: 1-6

Reflection: Pauline

Praise God, here we are out of Level 3 and into Level 2 tomorrow! But what use has God made of this our hiding or 'bubble' time? Here we see Elijah in mortal danger from the rebellious, idol-worshipping northern kingdom of Israel and King Ahab, so God instructs him to leave, turn east and hide. I think God wanted Elijah hiding in a 'bubble' to teach him to trust. How wonderful to be in a 'bubble' awakened through solitude, to the presence of God. I think God has used this 'bubble' or hiding time to bring me to a place not only of physical, but also spiritual safety. And Elijah was sent to "Cherith", from the ancient Hebrew meaning to **cut away, to cut up or cut off**. Perhaps God had some **cutting** to do in Elijah's life! What might God want to cut away from me at this time? We read that God "commands the ravens to feed (Elijah) **there**". Perhaps Elijah had really wanted to be away preaching, in fact anywhere else! Yet God wanted him **there** and would provide for him **there**. God was teaching Elijah dependence on Him. I too desperately wished I could be somewhere other than **here**, I wondered crossly why God wanted me **here**.....what did he want to provide me with **here**? Like Elijah, in a season of trouble, God wants to teach me dependence on Him.

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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Questions for Reflection

- What spiritual benefits have you enjoyed during this time of safety at home in your 'bubble'. How has God re-awakened your ability to sit quietly and be in His divine presence?
- What 'cutting away, cutting up or cutting off' has God had to do with you during this time of hiding away in your bubble?
- Have you wished you could be elsewhere, not staying at home? Why do you think God wants to be with you in your 'bubble' at home.....what does he want to provide you with?

Song



<https://www.youtube.com/watch?v=6Ftkbzi6fsg&list=PLUmTiGOxKUOjc33FfDmKCzGT-GI262RqJ&index=7>

Jesus We Love You
Bethel Worship

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, thank you for living in our bubble with us.
May all that we do flow from our deep connection with you.
Help us as we seek out ways to be a community that vulnerably shares each other's burdens. Listen to our hearts' longings for the healing of our world.
Knowing you are hearing us better than we are speaking,
we offer these prayers in the holy name of God. Amen.

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