

Daily Spiritual exercise



Do you know the way of Jesus?

It is now the 6th week of Lent and we are Spiritually on our Lenten journey with Jesus. Do we know His way?

I am sure Jesus' disciples must have been perplexed when Jesus told them that He was going away. Jesus "assumed" that they do know the way to where He was going, hence Thomas' question: "Lord, we don't know where you are going, so how can we know the way?" Jesus said that He is the way, the truth and the life. In and through their faith in Him, they would always be able to find the "way".

Through a life lived in 'the way of Jesus', we are commissioned to follow His example: feeding the poor, caring for those who are hurting and sharing God's love. We are the bearers of God's truth to the world. We are the embodiment of the new life He has given us all. If we keep our faith, we will always know the way. If we focus on Jesus, who is the alpha and the omega, we will not get lost! Amen

**Monday 30 March
2020**

John 14:6 "Jesus answered, 'I am the way and the truth and the life. No one comes to the Father except through me.'"

Prayer

Together, Lord, we come to seek the 'Jesus way'.
May your truth fill us with wisdom to see your presence in all that we do.
And may we receive new life, that we may serve you in all that we are.
Amen.

**JESUS
IS THE
ONLY
WAY**

Listen to and read the words of the hymn: "I am the way, the truth and the life."

Daily Spiritual exercise



Are you sharing the bread that gives life?

The disciples asked Jesus for a sign to believe in HIM. They said to Jesus that their forefathers received manna, the bread from heaven, as a sign. Jesus told them that God can give them the TRUE bread from heaven that gives life. They asked Jesus to give them this bread from heaven. Jesus answered them saying that He is the bread of life. Whoever comes to HIM will never go hungry, and whoever believes in HIM will never be thirsty.

Currently we find ourselves in a situation where we fear whether we will have enough bread in our houses. A lot of people are stockpiling food and, in the event, hinder other people from getting essential food. Sometimes we do the same with the Spiritual bread that we receive from heaven, trying to keep it to ourselves and not sharing it with other people.

We are called to be agents of grace, living lives filled with truth and love, sharing the bread that gives life namely Jesus Christ. May the devastating effects of "stockpiling" help us not to do the same with our faith in Jesus Christ. Amen

Tuesday 31 March 2020

John 6:35

"Then Jesus declared, 'I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty...'"

Prayer

We come to you,
Lord Jesus,
for the hunger of
our longing to be
filled,
for our thirst for
truth to be
quenched,
for our relationship
with you to be
deepened.
Amen



Listen to and read the words of the hymn: "Break thou the bread of life".

Daily Spiritual exercise



Is your light still shining in this dark world?

In John 8:12 Jesus promised His followers that whoever follows HIM will never walk in darkness but will have the light of life. We that have faith, have received the light of Christ and should let it shine.

What is special about the light of Christ?

It is a **REVEALING** light.

The Gospel tells us that Christ revealed God's love to us. We should love unconditionally.

It is a **SAVING** light.

Just as a lighthouse saves ships from being shipwrecked on rocks hidden in the darkness, so Christ saves us from all that is wrong and brings us back to God.

It is a **GUIDING** light.

Just as a bike light or lantern shows us the right path forward, so Christ is our guide throughout life to show us the way we should live.

May our little light shine despite the darkness of Covid-19!

Amen

Wednesday 1 April 2020

John 8:12

"When Jesus spoke again to the people, he said, 'I am the light of the world. Whoever follows me will never walk in darkness but will have the light of life.'"

A blessing

God sends us out in
the light of Christ
To bring light into
our world of
darkness.

May the light of
Christ so shine in our
hearts that we
might bring his light
to others.
Amen



Listen to and read the
words of the hymn:
"This little light of
mine."

Daily Spiritual exercise



Where do you go to feel safe?

In our reading Jesus is referring to the practise in New Testament times where shepherds used to gather their sheep in a single pen, with one shepherd protecting the entrance. Robbers and thieves could only sneak in over the wall. There was no entry into the pen but through the entrance or the gate. The sheep knew their individual shepherds, recognised their voices and followed them.

There was no way that the sheep would follow a shepherd that they did not know. Jesus said that He is the Good Shepherd who knows His sheep well. He will take care of them. He will make sure they are safe. But, He said, the sheep know Him as well.

When we find ourselves in tricky circumstances, we often feel exposed and unsafe. Often, we do not know where to turn. Some turn to the worldly quick solutions with dire consequences. Some "lock" the gates of their lives without allowing anyone in.

Jesus is offering us another way. He promises us that when we come to HIM, He will take care of us and offer us His green pastures.

Amen

Thursday 2 April 2020

John 10:7

"Therefore Jesus said again, 'Very truly I tell you, I am the gate for the sheep.'"

Prayer

When this or that
gate seems closed
to me,
Lord show me your
open gate and the
way I should take.
Amen



**Listen to and read the words of the hymn:
"The Lord's my shepherd"**

Daily Spiritual exercise



Isolated but not alone.

The imagery of Jesus as the true vine, and us as the branches, are a powerful metaphor.

A vine that grows long branches with rich green leaves and heavy bunches of grapes needs a strong healthy root to anchor it and feed it water and nutrients from the soil. Big, sweet grapes come from vines that have been grafted onto a strong root.

Our fruitfulness comes from being rooted in Christ.

In our current circumstances of isolation and the two-meter distance from other people we can easily feel "detached", desperately longing for human contact.

Jesus promises us that in and through faith we are joined to HIM. We do not have to feel detached or alone. He is with us always, attending to us (His branches). We can abide in Him, always knowing that although we are isolated. We are never alone and without His constant care and love.

Amen

Friday 3 April 2020

John 15:1

**"I am the true vine,
and my Father is the
gardener."**

Prayer

God, vine grower and
creator,
be gentle with us when
our growth is slow;
be firm when our
growth is corrupt;
be challenging when
our growth is
disconnected;
be understanding
when our growth is
hesitant,
and help us to bear
the best fruit we can,
to your glory.
Amen.



**Listen to and read the
words of the hymn:
"You are the vine, we
are the branches"**