

JOURNEYING WITH JESUS

Week 5 Dying to self

The 40 days before Easter (Lent) is traditionally a time for Christians to deepen their walk with God. These weekly Prayer Prompts – journeying with Jesus in St Luke’s Gospel - are an invitation for us to find some time with God for ourselves and pray for our Beyond the Lychgate project.

And he (Jesus) took bread, gave thanks and broke it, and gave it to them, saying, “This is my body given for you; do this in remembrance of me.” In the same way, after the supper he took the cup, saying, “This cup is the new covenant in my blood, which is poured out for you.” Luke 22:19–20

Such an ordinary Passover Meal, so they thought, until Jesus stopped them in their tracks. I wonder what was going on in their minds as he took the deeply symbolic bread and the special cup of wine and declared what was about to happen on the cross? As He invited them to remember this symbolic action, this has been part of Christian tradition ever since. Let’s take time to reflect on what Jesus did by going to the cross, what He is doing now and meditate on the promise of what He will do.

Two options to aid our prayer: Take time to slowly read these verses over and over again, noting what word or phrase stands out. Stay with that, meditate on it and then turn it into prayer. And/or pour a glass of grape juice/wine and put some bread on a plate. Take time to gaze, look and wonder and then interact with your senses as you smell, taste, drink and eat and then pray.

One of the oldest prayers is the Jesus Prayer . It consists simply in saying the single word “Jesus” (or “Lord Jesus”, or “Lord Jesus Christ, have mercy on me, a sinner”). Take this prayer into your week and use in any situation, at any time and place, either aloud or silently.

Beyond the Lychgate Project: reaching, resourcing & supporting the Cogges community:

Pray that as the professional team begin detailed design work , no unforeseen obstacles or complications arise, in particular relating to drainage and archaeology on the site. Pray that in the long term, this project will provide a continuing facility for outreach and for the on-going support of the church’s mission to this community and beyond

Church Open for Prayer:

- Mon 23 Mar: 6.30–7.30pm; 7.30–8.30 Prayer for Persecuted Churches
- Thu 24 Mar: 2.00–4.00pm

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