



Praying the Scripture - a few simple steps at home Sunday 19th Jan 2020

1. Start with stillness and quietening down; then gently read the passage, noticing any feelings and connections to your own experience.
2. Read the passage again and spend understand. *The notes in your Bible may be of help at this point.*
3. Read the passage a third time - wondering how you yourself might pray the text over the next few days.
4. Over the next week, set aside times to come back more than once to the passage. You could read it all or part of it again, slowly. Perhaps there is a special word for you in this passage of Scripture? Keep this word or phrase in your thoughts and gently repeat it, bringing it to mind and allowing God to speak to you in your heart.
5. Finally, come back to the text to conclude: What is God in this scripture asking of you this week? What is the one challenge, one little change you are asked to make or the thing you have been asked to do? Then say a prayer of thanksgiving for the good news in the passage. End in quiet prayer.



THIS SUNDAY'S GOSPEL – John 1:29 - 34

The next day John saw Jesus coming toward him and declared, "Here is the Lamb of God who takes away the sin of the world! This is he of whom I said, 'After me comes a man who ranks ahead of me because he was before me.' I myself did not know him; but I came baptising with water for this reason, that he might be revealed to Israel." And John testified, "I saw the Spirit descending from heaven like a dove, and it remained on him. I myself did not know him, but the one who sent me to baptise with water said to me, 'He on whom you see the Spirit descend and remain is the one who baptises with the Holy Spirit.' And I myself have seen and have testified that this is the Son of God."

A Short Thought

In John's Gospel, the first thing that any human being says of Jesus is found on the lips of John the Baptist: Look, there is the Lamb of God. We think naturally and correctly of the Passover lamb and of the Passover, the feast which marks the liberation of Israel. To be set free is a wonderful experience and we could reflect on how I experience my freedom in Christ. From what have I been set free? (*For example, fear of death, the risk of absurdity, sins and false directions in life...*). Even more important, for what have I been set free?

SOME POINTERS FOR PRAYER

- The words of John point to a deep recognition of Jesus' identity. Can I recall times when this recognition took place for me, first of all on a human level, and then on the faith level?
- Think of a time when you have recognized Christ in others... what was it about them and what stayed with you from this experience?
- Witness is the key. Who have been witnesses to me of the Good News? To whom am I today a witness?
- What have been the experiences which have helped shape your sense of who you are and your understanding of your faith?
- How would people recognize Christ in you?

Prayer

Lord, our help and guide, make your love the foundation of my life.
May my love for you and my relationship with you express itself in my eagerness to do good for others.
Jesus, Lamb of God, help me to recognise whatever in me is holding me back from life in abundance: give me your life, your forgiveness, your healing. In you, I put my trust. Amen.