

Day 27 – Monday 12 March

Scripture for Prayer

Stilling: Take a few minutes to become still.

God is Present: God is with you. Ask God to inspire your imagination.

Ask for what you desire. What gift, what grace do you want right now?

Read the passage through.

Identify with a character: Choose one of the people in the story and imagine the scene from their point of view.

Set the Scene: Fill in the details which the scripture leaves out to make the story real for you. Imagine the scenery, the weather, the people. Be aware of how you feel; your emotional state.

John 4:46-53 (NRSVA)

Then Jesus came again to Cana in Galilee where he had changed the water into wine. Now there was a royal official whose son lay ill in Capernaum. When he heard that Jesus had come from Judea to Galilee, he went and begged him to come down and heal his son, for he was at the point of death. Then Jesus said to him, 'Unless you see signs and wonders you will not believe.' The official said to him, 'Sir, come down before my little boy dies.' Jesus said to him, 'Go; your son will live.'

The man believed the word that Jesus spoke to him and started on his way. As he was going down, his slaves met him and told him that his child was alive. 52 So he asked them the hour when he began to recover, and they said to him, 'Yesterday at one in the afternoon the fever left him.' 53 The father realized that this was the hour when Jesus had said to him, 'Your son will live.' So he himself believed, along with his whole household.

Prayer: End with a formal prayer, such as the Lord's Prayer/Our Father

Review of Prayer

Notice how you reacted and felt.

Is this saying anything about you, about the way you see others or God?

Did anything surprise you?

Is there anything you need to pray about in future?

Today's Meditation

Healing Life's Hurts

Though there are no simple ways to guarantee a complete healing of past hurts, there are ways that may well, with God's grace, bring an element of healing and acceptance.

This way of praying can be of help if you believe that you are loved by God. (If you have your doubts, don't use it!)

In the prayer exercise below I will talk of 'God' but you may imagine God as Jesus, or the Father, or like many Christians may go first to the Mary the Mother Jesus, or another saint. Whoever you find easiest to engage with; imagine you are with them and talking to them.

Quieten down and become aware that you are in the presence of a loving God.

Ask for what you desire. In this case it may well be to be healed of life's hurts; a past pain or trauma.

Imagine you are the age you were when the hurt took place. Then at that age, imagine you are with God.

Take time to speak to God, tell him or her how you are feeling, imagine what the response might be.

If you can manage it, relive the experience in the presence of God.

If things become too difficult, return to God and leave the scene.

What does God say about what took place?

How does God feel about it?

Have a conversation with God, as one friend to another.