

## Day 36– Wednesday 21 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 to make the story real for you. Imagine the scenery, the weather, the people. Be aware of how you feel.

### John 6:3-13 (NRSVA)

Jesus went up the mountain and sat down there with his disciples. Now the Passover, the festival of the Jews, was near. When he looked up and saw a large crowd coming towards him, Jesus said to Philip, 'Where are we to buy bread for these people to eat?' He said this to test him, for he himself knew what he was going to do. Philip answered him, 'Six months' wages would not buy enough bread for each of them to get a little.' One of his disciples, Andrew, Simon Peter's brother, said to him, 'There is a boy here who has five barley loaves and two fish. But what are they among so many people?'

Jesus said, 'Make the people sit down.' Now there was a great deal of grass in the place; so they sat down, about five thousand in all. Then Jesus took the loaves, and when he had given thanks, he distributed them to those who were seated; so also the fish, as much as they wanted. When they were satisfied, he told his disciples, 'Gather up the fragments left over, so that nothing may be lost.' So they gathered them up, and from the fragments of the five barley loaves, left by those who had eaten, they filled twelve baskets.

When the people saw the sign that he had done, they began to say, 'This is indeed the prophet who is to come into the world.'

**Conversation:** When you come towards the end of your time of prayer, talk to Jesus about what has come up for you. Imagine how they might reply.

**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

#### So Hungry

We are so hungry!

There is such a deep unmet longing in us that we are driven to erratic and anxious enrolments in seminars, retreats, and workshops on myriad themes of spirituality, healing, wholeness, and even miracle making!

Millions of us are searching for a spiritual jump-start or an instant divine fix.

The journey begins in spiritual infancy and unfolds and grows through our everyday life experiences.

It is all right to be hungry.

It is all right to want more.

But it is God who feeds the waiting heart.

We must be empty vessels,

not afraid of that very emptiness.

We must wait -

ever gentle with ourselves -

until God scoops us up, and comforts us.

*Edwina Gateley*