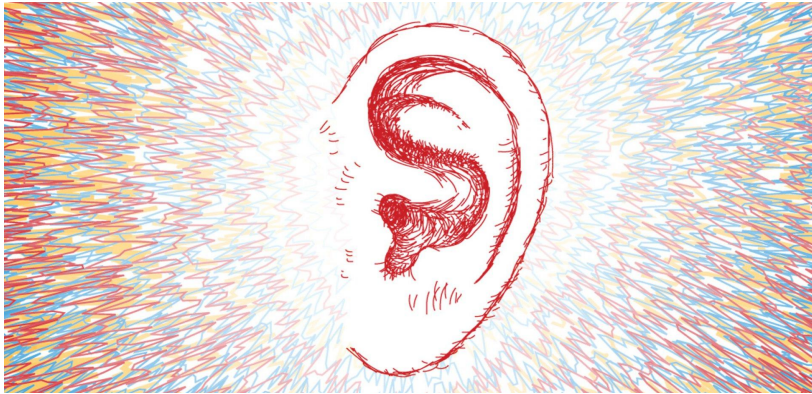


Day 11 Thursday 11th February: Listen, Do Not Worry.



Do you remember listening with your heart last week?

Today I invite you to use this approach again with a different passage **Matthew 6 v 25-34**.

Context: Today we are with Jesus. After calling his disciples he spends time teaching in synagogues and has healed people. News has spread and large crowds are seeking him out and following him. Jesus retreats up onto the mountainside and sits down with his disciples to teach them. What follows is known as the Sermon on the Mount.

Lectio Divina: Remember not to be put off by the latin words! You can refer back to page 19 from day 5 that describes the process in detail. Remember this is about reading slowly, letting your heart guide you and pausing to savour a phrase, word or image. It is what you do naturally when you are struck by the beauty of a sunset, mulling over a treasured memory, or as you pay attention to someone you love.

Remember God can and may use your imagination to speak to you, but your imagination is not the Holy Spirit, be discerning!

You will need a copy of the bible reading or the audio. Either find a good place to sit or take time on a walk

Prayer of invitation: Loving God, please open my eyes, my ears, my mind and my heart to hear you. Amen.

Settle yourself into an expectant stillness, Be comfortable, take a few deep breaths.

Read or listen to the passage right through. On this first reading address any questions that arise about context, vocabulary etc

Lectio: Read again slowly and gently a couple of times.

Listen with your heart to the words. Don't rush.

You don't need to get to the end of the passage.

When a particular word or phrase strikes you and seems to have some savour, pause and linger with it

Meditatio:...let it in to you. Pause with it. Let the word or phrase resonate. Repeat it to yourself, relish it, (*i was once told to imagine it was like a boiled sweet in your mouth that you play with and chew on*) let it echo and soak into you until the "flavour" begins to go, then...

Oratio... let yourself respond in prayer, in words from the heart, or a space full of silence, or spontaneous, unspoken feeling. Talk to God as you might a friend, be honest and open. *Give thanks, confess, forgive, let go, or plan an action.*

Whenever the moment feels ripe, begin to read again ...

Ending: When you are ready, mark the end of your time of prayer with some closing gesture or words of prayer. ***This is a way of giving thanks.***

Record your reflections by writing or drawing words or phrases or images that come to your mind

MATTHEW 5 1 and 6:25-34, NIV TRANSLATION Do Not Worry

Chapter 5 v 1 Now when Jesus saw the crowds, he went up on a mountainside and sat down. His disciples came to him, and he began to teach them.

Chapter 6 v 25-34 “Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Can any one of you by worrying add a single hour to your life?

“And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. Yet I tell you that not even Solomon in all his splendor was dressed like one of these. If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you—you of little faith? So do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ For the pagans run after all these things, and your heavenly Father knows that you need them. But seek first his kingdom and his righteousness, and all these things will be given to you as well. Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

MATTHEW 5 1 and 6:25-34, The Message Translation

Chapter 5 v1 When Jesus saw his ministry drawing huge crowds, he climbed a hillside. Those who were apprenticed to him, the committed, climbed with him. Arriving at a quiet place, he sat down and taught his climbing companions. This is what he said:

Chapter 6 v 25-26 “If you decide for God, living a life of God-worship, it follows that you don’t fuss about what’s on the table at mealtimes or whether the clothes in your closet are in fashion. There is far more to your life than the food you put in your stomach, more to your outer appearance than the clothes you hang on your body. Look at the birds, free and unfettered, not tied down to a job description, careless in the care of God. And you count far more to him than birds. **27-29** “Has anyone by fussing in front of the mirror ever gotten taller by so much as an inch? All this time and money wasted on fashion—do you think it makes that much difference? Instead of looking at the fashions, walk out into the fields and look at the wildflowers. They never primp or shop, but have you ever seen color and design quite like it? The ten best-dressed men and women in the country look shabby alongside them. **30-33** “If God gives such attention to the appearance of wildflowers—most of which are never even seen—don’t you think he’ll attend to you, take pride in you, do his best for you? What I’m trying to do here is to get you to relax, to not be so preoccupied with *getting*, so you can respond to God’s *giving*. People who don’t know God and the way he works fuss over these things, but you know both God and how he works. Steep your life in God-reality, God-initiative, God-provisions. Don’t worry about missing out. You’ll find all your everyday human concerns will be met. **34** “Give your entire attention to what God is doing right now, and don’t get worked up about what may or may not happen tomorrow. God will help you deal with whatever hard things come up when the time comes.