

CROSSROADS

unitedmethodistchurch

DAILY REFLECTION GUIDE

for the week of
July 5, 2009



These daily scriptures are offered as a way for you to listen to what the Spirit of Christ might want and need to say to you. To help you listen to what the Spirit is saying to you personally it would be good if before each reading you placed yourself in a comfortable position and allowed yourself to become silent. Begin to slow your mind down and detach from the things you have to do today as you slowly and gently take in a deep breath saying, "Lord, Jesus." Then slowly breathe out through your lips while saying, "Have mercy on me."

In your quiet time try using these steps for praying with scripture.

READ

Begin with reading, stopping when a word or phrase "shimmers" or stands out to you, becoming a transparency of God for you. The intent is not to get to the end of a passage but to the bottom of it in God, to the word through which God touches you now. This is not always a strong awareness. Sometimes a word may shimmer only faintly, but enough to give you a dim sense of God's presence through it.

REFLECT and/or REPEAT

Move toward an understanding of God in the word: the step of reflection. What might the spiritual meaning of the word be for your life? Do not try to force a meaning. It may not be clear. God is at work in you at a deeper level and you do not have to understand clearly what is happening. This will emerge as it is really important for you to know. Your steady trust and openness to God is what matters.

RESPOND

Move to active prayer: for your heart to open to God through this word in direct communion and for your will to open to God in responsive action as that may be called for.

REST

Finally, move to a still presence in God. Try to simply rest in your larger identity in God. If you find your thoughts "kidnapping" you away from that presence you may use the word or phrase which spoke to you in the passage as a centering prayer, bringing you back very gently to your sense of God's presence without judging yourself.

Taken from Living in the Presence by Tilden Edwards

monday, july 6

Scripture reading: John 2:1-8 ¹ The next day there was a wedding celebration in the village of Cana in Galilee. Jesus' mother was there, ² and Jesus and his disciples were also invited to the celebration. ³ The wine supply ran out during the festivities, so Jesus' mother told him, "They have no more wine." ⁴ "Dear woman, that's not our problem," Jesus replied. "My time has not yet come." ⁵ But his mother told the servants, "Do whatever he tells you." ⁶ Standing nearby were six stone water jars, used for Jewish ceremonial washing. Each could hold twenty to thirty gallons. ⁷ Jesus told the servants, "Fill the jars with water." When the jars had been filled, ⁸ he said, "Now dip some out, and take it to the master of ceremonies." So the servants followed his instructions.

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