

Space for God Our Nourishment

PREPARATION

In the name of the Father, the Son, and the Holy Spirit.

But the time is coming—indeed it's here now—when true worshipers will worship the Father in spirit and in truth. The Father is looking for those who will worship him that way.

For God is Spirit, so those who worship him must worship in spirit and in truth.

John 4:23-24

WORSHIP

Unfailing love and truth have met together. Righteousness and peace have kissed! Truth springs up from the earth, and righteousness smiles down from heaven.

Yes, the Lord pours down his blessings. Our land will yield its bountiful harvest.

Psalms 85:10-12

CONFESSION

So get rid of all evil behavior. Be done with all deceit, hypocrisy, jealousy, and all unkind speech.

Like newborn babies, you must crave pure spiritual milk so that you will grow into a full experience of salvation.

Cry out for this nourishment, now that you have had a taste of the Lord's kindness.

1 Peter 2:1-3

MEDITATION – John 4:25-42 (read John 4:5-24 also)*

The woman said, "I know the Messiah is coming—the one who is called Christ. When he comes, he will explain everything to us."

Then Jesus told her, "I AM the Messiah!"

Just then his disciples came back. They were shocked to find him talking to a woman, but none of them had the nerve to ask, "What do you want with her?" or "Why are you talking to her?" The woman left her water jar beside the well and ran back to the village, telling everyone, "Come and see a man who told me everything I ever did! Could he possibly be the Messiah?" So the people came streaming from the village to see him.

Meanwhile, the disciples were urging Jesus, "Rabbi, eat something."

But Jesus replied, "I have a kind of food you know nothing about." "Did someone bring him food while we were gone?"

the disciples asked each other.

Then Jesus explained: "My nourishment comes from doing the will of God, who sent me, and from finishing his work. You know the saying, 'Four months between planting and

IN SOLITUDE AND/OR COMMUNITY

Read Slowly, several times.

Reflect What does the text say?

Respond How does it relate to my life?

Rest I welcome God's healing and renewal.

harvest.' But I say, wake up and look around. The fields are already ripe for harvest. The harvesters are paid good wages, and the fruit they harvest is people brought to eternal life. What joy awaits both the planter and the harvester alike! You know the saying, 'One plants and another harvests.' And it's true. I sent you to harvest where you didn't plant; others had already done the work, and now you will get to gather the harvest."

Many Samaritans from the village believed in Jesus because the woman had said, "He told me everything I ever did!" When they came out to see him, they begged him to stay in their village. So he stayed for two days, long enough for many more to hear his message and believe. Then they said to the woman, "Now we believe, not just because of what you told us, but because we have heard him ourselves. Now we know that he is indeed the Savior of the world."

ANCHORING PRAYER

You are indeed the Saviour of the world.

REVIEW OF THE HEART

What "nourishment" am I receiving from doing God's will?

Where am I sowing the seed of the Gospel (or reaping its harvest) among unbelievers?

WISDOM

I have not departed from his commands, but have treasured his words more than daily food. Job 23:12

We are made right with God by placing our faith in Jesus Christ. And this is true for everyone who believes, no matter who we are. Romans 3:22

TESTIMONY *What is God saying to me?*

INTERCESSION *Prayers for the Church, for others, and for me.*

BENEDICTION

And we know that the Son of God has come, and he has given us understanding so that we can know the true God.

And now we live in fellowship with the true God because we live in fellowship with his Son, Jesus Christ. He is the only true God, and he is eternal life.

-Amen-

1 John 5:20

SPACE FOR GOD DAILY

Be still and quiet before God.

Seek the Holy Spirit's filling and guidance.

Speak and act from a listening heart.

Actively serve in community with others.