

Sacred Space Doubt and Understanding

PREPARATION

Teach me your decrees, O Lord;
I will keep them to the end.

**Give me understanding and I will obey your instructions;
I will put them into practice with all my heart.**

**Make me walk along the path of your commands,
for that is where my happiness is found.** Psalm 119:33-35

CONFESSION

Lord, if you kept a record of our sins,
who, O Lord, could ever survive?

**But you offer forgiveness,
that we might learn to fear you.** Psalm 130:3-4

ADORATION and GRATITUDE

I will meditate on your majestic, glorious splendor
and your wonderful miracles.
Your awe-inspiring deeds will be on every tongue;

I will proclaim your greatness.

**Everyone will share the story of your wonderful goodness;
they will sing with joy about your righteousness.** Psalm 145:5-7

MEDITATION & CONTEMPLATION—Luke 24:35-48*

Then the two from Emmaus told their story of how Jesus had appeared to them as they were walking along the road, and how they had recognized him as he was breaking the bread. And just as they were telling about it, Jesus himself was suddenly standing there among them. “Peace be with you,” he said. But the whole group was startled and frightened, thinking they were seeing a ghost!

“Why are you frightened?” he asked. “Why are your hearts filled with doubt? Look at my hands. Look at my feet. You can see that it’s really me. Touch me and make sure that I am not a ghost, because ghosts don’t have bodies, as you see that I do.” As he spoke, he showed them his hands and his feet.

IN SOLITUDE AND/OR COMMUNITY	
Read	Slowly, several times.
Reflect	How do I relate to this?
Respond	What is my next step of obedience?
Rest	Receive God’s healing and renewal.

Still they stood there in disbelief, filled with joy and wonder. Then he asked them, “Do you have anything here to eat?” They gave him a piece of broiled fish, and he ate it as they watched.

Then he said, “When I was with you before, I told you that everything written about me in the law of Moses and the prophets and in the Psalms must be fulfilled.” Then he opened their minds to understand the Scriptures. And he said, “Yes, it was written long ago that the Messiah would suffer and die and rise from the dead on the third day. It was also written that this message would be proclaimed in the authority of his name to all the nations, beginning in Jerusalem: ‘There is forgiveness of sins for all who repent.’ You are witnesses of all these things.

ANCHORING PRAYER

Your life and Your forgiveness fill me with joy and wonder.

REVIEW OF THE HEART (previous 24 hours)

In what situation did I recognize the presence of Christ?

When has my heart been filled with doubt regarding the presence of God?

WISDOM

Then I said, “Look, I have come. As is written about me in the Scriptures: I take joy in doing your will, my God, for your instructions are written on my heart.” Psalm 40:7-8

“It seems to me that doubt is worse than trial. I had sooner suffer any affliction than be left to question the gospel or my own interest in it.” Charles Spurgeon

TESTIMONY *What is God saying to me?*

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

CLOSING PRAYER

The Lord declares:

Do not tremble; do not be afraid.

Did I not proclaim my purposes for you long ago?

You are my witnesses—is there any other God?

No! There is no other Rock—not one! (Amen)

Isaiah 44:8

SACRED SPACE EVERY DAY

Be still and quiet before God.

Be filled with the Holy Spirit.

Speak and act from a listening heart.

Pray for, and serve my community.

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