



Journeying mercies through this season,  
*The Worship Planning Team,*  
JBUC MEDITATION PRACTICE  
~ Week One

After his baptism, Jesus was driven by the Holy Spirit into the desert, stirring a restlessness in him ... what was he being called to be about? what would give him the strength and courage he would need?

Jesus himself turned to “ancient words” as he wrestled with the questions and possibilities that arose in this testing time.

Ancient Word:

***“One does not live by bread alone, but by every word that comes from the mouth of God”.*** Matthew 4:4

- How do these rich and ancient words rise up to meet you in your life in this particular moment?
- Invite / allow these words to echo in the chambers of your heart, your mind, your soul.
- Carry these words with you throughout the day and even into your night, allowing them to seep deeply into you and become part of your very being.

*We turn to old words because sometimes it is old words that hold the deepest comfort and the deepest challenge - Padriag O' Tuma*