



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

The journey to a place of rest may be rigorous. We may be holding onto something that has us in its grip (eg. anger, resentment, fear, regret, a belief or story we've told ourselves). And our freedom lies in wrestling with it, coming face to face, to see a hidden truth. In the story of Jacob wrestling with the

mysterious presence, [\[Genesis 32: 13-31\]](#) he insists on being given a blessing before he will to let go. As though there is some blessing yet to be extracted before the wrestling is finished.

Ancient Word:

“I will not let you go until you bless me”

- 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*