



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

Jesus disciples ‘spy’ on Jesus at prayer because they realize prayer is the inner energy of his outer action. This is the activity that empowers him. They see in prayer the possibility of their transformation. They want to receive life from God so they can give life to others. To their credit, they act on their desire.

They ask, ‘Lord teach us to pray.’ Which he does, followed by telling some stories that assure them of God’s generosity.

Ancient Word: ***Ask, and it will be given you; search, and you will find; knock, and the door will be opened for you. How much more will the heavenly father give the Holy Spirit to those who ask.***
Luke 11: 9, 13

- 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

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