

# ReDay

Renew...Refresh...Restore...Retreat

...Come with me by yourselves  
to a quiet place...

(Mark 6:31)



Lent: a time of reflection and repentance, of prayer and simplicity, of walking with Christ in his suffering and sacrifice, in his journey to the Cross.

This is a time when many Christians prepare for Easter by observing a period of fasting, repentance, moderation and spiritual discipline. It is often a time of sacrifice and giving, reflecting the way that Christ gave Himself as a sacrifice for us.

Our thoughts this month focus on:

## Jesus: Servant, Saviour

Online: <https://youtu.be/oHEzSpeK960>

# Jesus: Servant, Saviour

## Call to worship

Blessed be the Lord— day after day he carries us along.  
He's our Saviour, our God, oh yes! He's God-for-us,  
he's God-who-saves-us.

The Lord lives! Praise be to my Rock!  
Exalted be my God, the Rock, my Saviour!

But as for me, I watch in hope for the Lord,  
I wait for God my Saviour; my God will hear me.  
Ps 68:17; 2 Sam 22:47; Micah 7:7



## Scripture

“Here is my servant, whom I uphold, my chosen one in whom I delight;  
I will put my Spirit on him, and he will bring justice to the nations.  
<sup>2</sup> He will not shout or cry out, or raise his voice in the streets.  
<sup>3</sup> A bruised reed he will not break, and a smouldering wick he will not snuff out.  
In faithfulness he will bring forth justice; he will not falter or be discouraged  
till he establishes justice on earth. In his teaching the islands will put their hope.”  
Isaiah 42:1-4

## Song

From heaven You came, helpless babe,  
Entered our world, Your glory veiled;  
Not to be served but to serve,  
And give Your life that we might live.

*This is our God, the Servant King,  
He calls us now to follow Him,  
To bring our lives as a daily offering  
Of worship to the Servant King.*

There in the garden of tears,  
My heavy load He chose to bear;  
His heart with sorrow was torn,  
'Yet not My will but Yours,' He said.

Come see His hands and His feet,  
The scars that speak of sacrifice;  
Hands that flung stars into space  
To cruel nails surrendered.

So let us learn how to serve,  
And in our lives enthrone Him;  
Each other's needs to prefer,  
For it is Christ we're serving.

## Prayer

Lord Jesus Christ, though you were in the form of God, you chose not to cling to equality with God;  
But you poured yourself out *to fill a vessel brand new*; a servant in form and a man indeed.  
The very likeness of humanity, you humbled yourself,  
obedient to death - a merciless death on the cross!

Jesus, Servant and Saviour, you gave yourself for us,  
walking the path of suffering and sorrow, surrendering your life.  
We pray this attitude, your very heart-beat, will fill our minds and transform our lives.  
Teach us to walk in humility and obedience, even when that path is a path of suffering and sorrow.  
Help us to reflect your humility, your grace and your love for all people.  
Based on Phil 2:5-11 (The Voice)

## Scripture:

After he has suffered, he will see the light of life and be satisfied;  
by his knowledge my righteous servant will justify many, and he will bear their iniquities.  
Therefore I will give him a portion among the great, and he will divide the spoils with the strong,  
because he poured out his life unto death, and was numbered with the transgressors.  
For he bore the sin of many, and made intercession for the transgressors  
Isaiah 53:11-12

## Song

Jesus Christ, I think upon your sacrifice  
You became nothing, poured out to death  
Many times I've wondered at your gift of life  
And I'm in that place once again  
I'm in that place once again  
(Repeat)

And once again I look upon the cross where you died  
I'm humbled by your mercy and I'm broken inside  
Once again I thank you  
Once again I pour out my life

Now you are exalted to the highest place  
King of the heavens, where one day I'll bow  
But for now I marvel at this saving grace  
And I'm full of praise once again  
I'm full of praise once again

And once again...

Thank you for the cross  
Thank you for the cross  
Thank you for the cross, my friend



## Scripture

See, my servant will act wisely; he will be raised and lifted up and highly exalted.  
<sup>14</sup> Just as there were many who were appalled at him—  
his appearance was so disfigured beyond that of any human being  
and his form marred beyond human likeness—  
<sup>15</sup> so he will sprinkle many nations, and kings will shut their mouths because of him.  
For what they were not told, they will see, and what they have not heard, they will understand.  
Is 52:13-15

## Song

Lord, I lift your name on high  
Lord, I love to sing your praises  
I'm so glad you are in my life  
I'm so glad you came to save us.

You came from heaven to earth, to show the way  
From the earth to the cross, my debt to pay  
From the cross to the grave, from the grave to the sky  
Lord I lift your name on high.

## Reflection - John 13:1-17

*Take a couple of deep breaths and relax. Imagine you are in Jerusalem with Jesus...read the text through slowly, and pause whenever you want to focus on what is happening in this scene. Imagine you are part of this story. If you know the story well enough, just imagine it without reading it.*

It is evening; lamps flicker in the evening breeze, the smell of food fills the air. You are gathered with friends, for an annual celebration – yet there is something different this time. There is tension in the air. And you are not sure where it comes from.

You look around at your companions reclining at the table. Some still hold some bread in their hands, others continue to drink. Conversation is subdued.

You notice Jesus, as he gets up from the meal, takes off his outer clothing, and wraps a towel around his waist. He pours water into a basin and begins to wash the feet of the men reclining nearby, drying them with the towel that is wrapped around him.

He kneels before your feet, gently lifts the right one, cleans it and dries it. He looks up at you as he picks up the left one and does the same. You gaze into his eyes and see utter love.

The water is cool and fresh on your dusty feet, and you feel your concerns being washed away with the clean water. You begin to relax. You notice the roughness of the towel, as Jesus dries your feet and places each one tenderly on the floor.

You watch as Jesus moves onto the person beside you, wondering at the meaning of his actions. Each person is silent as Jesus kneels before them, until there is no more conversation in the room.

He comes to Simon Peter, who says to him, “Lord, are you going to wash my feet?”  
Jesus replies, “You do not realize now what I am doing, but later you will understand.”

“No,” says Peter, “you shall never wash my feet.”

Jesus answers, “Unless I wash you, you have no part with me.”

“Then, Lord,” Simon Peter replies, “not just my feet but my hands and my head as well!”

Jesus answers, “Those who have had a bath need only to wash their feet; their whole body is clean.  
And you are clean, though not every one of you.”

For he knows who will betray him, and so he says not everyone is clean.

He finishes washing their feet, puts on his clothes and returns to his place.  
There is a curious stillness in the room, as though everyone is holding his breath.

“Do you understand what I have done for you?” he asks. “You call me ‘Teacher’ and ‘Lord,’ and rightly so, for that is what I am. Now that I, your Lord and Teacher, have washed your feet, you also should wash one another’s feet. I have set you an example that you should do as I have done for you. Very truly I tell you, no servant is greater than his master, nor is a messenger greater than the one who sent him. Now that you know these things, you will be blessed if you do them.

*Pause*

*Take a few deep breaths and come back to the present.*

*Reflect on these questions:*

- *What did you notice in that encounter that you have never noticed before?*
- *What were some of the significant moments in the conversation for you?*
- *How did you feel as the conversation came to an end?*
- *How will this encounter impact your life?*

*Speak to God in prayer about your experience...*



## Prayer



Jesus, born in a stable, your life threatened, your family forced to flee,  
We bow before you.

You worked with your hands and you welcomed children,  
you lived in simplicity, no place to lay your head.  
We worship you.

You walked among humanity, healing, teaching, loving us all.  
We adore you.

You, King of Kings, washed the feet of your disciples,  
teaching us love, humility, obedience and true compassion.  
We learn from you.

Fill us anew with your heart of simplicity, surrender and willingness to obey.

Renew a compassionate spirit within us,  
that we may always seek to serve as you served, to love as you loved.

## Song

How deep the Father's love for us,  
How vast beyond all measure  
That He should give His only Son  
To make a wretch His treasure  
How great the pain of searing loss,  
The Father turns His face away  
As wounds which mar the chosen One,  
Bring many sons to glory

Behold the Man upon a cross,  
My sin upon His shoulders  
Ashamed I hear my mocking voice,  
Call out among the scoffers  
It was my sin that held Him there  
Until it was accomplished  
His dying breath has brought me life  
I know that it is finished

I will not boast in anything  
No gifts, no power, no wisdom  
But I will boast in Jesus Christ  
His death and resurrection  
Why should I gain from His reward?  
I cannot give an answer  
But this I know with all my heart  
His wounds have paid my ransom  
(REPEAT)



## Benediction

In your relationships with one another, may you have the same mindset as Christ Jesus:  
Not grasping for power or recognition, being willing to be considered as nothing,  
willing to serve one another in love and humility,  
walking the path of humility and obedience, wherever that may lead,  
being blessed in the knowledge that you reflect Jesus, Saviour and Servant.

And let Christ be exalted in all you do!  
May he have the highest place in your life  
And may you live in the reflection of his grace and glory!

Loosely based on Phil 2:5-11

## GOING DEEPER

Here are some suggestions that may help you to engage more deeply with this theme.

- **The Bible** has numerous references to Jesus as both Saviour and Servant. Look up some of these and spend some time simply reading them through. Isaiah especially has much to say about Jesus, Suffering Servant. The New Testament also records a number of occasions when Jesus showed his servant nature – what could we learn from these encounters?

- **Reflect** on Christ's journey to the cross, and the last days of his life:

What does Christ's suffering mean to you?

How are you identifying with him in this path of sorrow and suffering?

What does sacrifice look like for you?

What, if anything, would you like to do in the weeks leading up to Easter to identify more with his suffering and sacrifice?

- You could use one of the Bible passages or one of the songs provided in the material to practise **Lectio Divina**. (see page 7)
- **Visualise Scripture!** Choose a Bible passage that describes Jesus as either servant or saviour. Read it through slowly – all of it or some selected verses. Close your eyes and picture what is being described. What do the verses have to say about servanthood, salvation or suffering? Place yourself at the scene – what would it have been like to read or hear these words for the first time? What might God be saying to you through this? You could either record this experience in your journal or share it with someone.
- If you enjoy being **creative**, reflect on how you have experienced something of the sufferings of Christ in the past and find a way to express that creatively. You can create a collage or draw, paint, use clay, write a poem or compose a song. Think about what you have experienced and be creative.
- Go for a **walk**. What do you notice as you walk? Are there any glimpses of Jesus at work in the world as Suffering Servant or Saviour? Use your mobile phone/device to take a photo and reflect on why that image speaks to you. You might want to write your own psalm to go with it.
- **Remember** a time when you may have experienced the suffering or servanthood of Jesus in a powerful and personal way. Relive that experience and take note of what it was like and how you responded to His presence. What does this tell you about him? What does it tell you about yourself?
- If you are **sharing** this retreat day with someone else, spend some time sharing your experiences. Pray together.
- If you like to **journal**, make a note of what you have experienced during this retreat time in your journal. A simple way to do this is to:

**Thank God** for Who He is and what He is doing in your life

**Notice** what is happening around you and in you

**Respond** to what God has shown you, by thanking Him, repenting, or recommitting yourself to Him

- **Simply sit in His presence**. We don't have to do anything to enjoy being in His presence! We are in His will when we are fully and completely in His presence, with our hearts focussed on Him.

# EVEN DEEPER

## LECTIO DIVINA

Lectio Divina is an ancient spiritual practice from the Christian monastic tradition. Its title derives from the Latin words meaning reading and divine/holy. In Lectio Divina, we seek to experience the presence of God through reading and listening, meditation, prayer, and contemplation. Lectio Divina can be practiced both by individuals and in groups.

### Practicing Lectio Divina Individually

#### 1. Text

Begin by choosing a section of Scripture that you would like to read and pray. You can choose the text randomly or use a liturgical book, such as The Book of Common Prayer. Try not to set a goal for how much content you will cover; the goal is to listen for God and to experience his presence.

#### 2. Preparation

Do what you must to quiet and prepare yourself to hear from God. If you need to find a quiet room, sit in silence for several minutes, or sit in a comfortable chair, take whatever posture will help you prepare to receive and experience God's presence.

#### 3. Reading/Listening

When you sense that your heart is prepared, begin by slowly reading the passage of Scripture that you have selected. Move slowly through sentences and phrases. As you read, pay attention to what word, phrase, or idea catches your attention.

#### 4. Meditation

Begin to meditate on the word, phrase, or idea that has captured your attention. Repeat it again and again.

Consider:

What thoughts come to mind as you meditate on this word, phrase, or idea?

What are you reminded of in your life?

What does it make you hope for?

Meditation is no easy task—as you try to concentrate don't be disappointed if random thoughts enter your head. As they do, offer them to God.

#### 5. Prayer

Now begin to speak to God. Tell God what word, phrase, or idea captured your attention and what came to mind as you meditated upon it. How is God using this word, phrase, or idea to bless and transform you? Tell God what you have been thinking and feeling as you've listened and meditated. Tell God how you hope this word, phrase, or idea will change your heart to be more like His.

#### 6. Contemplation

Finish by focusing your attention on the fact that God's presence is with you. If as you try to focus on God's presence you sense a need to read the text again, to continue meditating, or to simply continue talking with God, allow yourself to do so. As you do, know that you are in the presence of God.

## THE PRAYER OF EXAMEN

Finding the movement of the Spirit in our daily lives as we review our day.

### 1. Recognize the presence of God

Be still and know that you are with God.

### 2. Look at your day with gratitude

Acknowledge God in the big and small things of life.

### 3. Review your day

When or where in the past 24 hours did you feel you were cooperating most fully with God's action in your life? When were you resisting?

#### Ask yourself

- What habits and life patterns do I notice?
- When did I feel most alive? Most drained of life?
- When did I have the greatest sense of belonging? When did I feel most alone?
- When did I give love? Where did I receive love?
- When did I feel most fully myself? Least myself?
- When did I feel most whole? Most fragmented?

### 4. Reconcile and Resolve

- Seek forgiveness
- Ask for direction
- Share a concern
- Express gratitude
- Resolve to move forward

Mars Hill Bible Church  
[marshill.org/teaching/sp](http://marshill.org/teaching/sp)

#### SONGS

**Servant King:** Graham Kendrick 1983 Thankyou Music (Admin. by Crossroad Distributors Pty. Ltd.)

**Once again** - Matt Redman, 1995 Thankyou Music (Admin. by Crossroad Distributors Pty. Ltd.)

**Lord, we lift your name on high:** Rick Founds, 1989 Universal Music - Brentwood Benson Publishing (Admin. by Crossroad Distributors Pty. Ltd.)

**How deep the Father's love** – Stuart Townend 1995 Thankyou Music (Admin. by Crossroad Distributors Pty. Ltd.)

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**Prayers:** Jo-anne Brown