

ReDay

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

... Come with me by yourselves to a quiet place...
(Mark 6:31)



Let us walk...

Over the past 3 months we have reflected on using our various senses to more deeply encounter God: to see him more closely, to hear him more clearly, and to reach out more boldly to touch him.

This month we live in the season of Resurrection – the seven weeks between the Resurrection of Jesus and the outpouring of the Holy Spirit. This is the time historically when the risen Jesus walked among his disciples and prepared them for his return to Heaven and the coming of the Holy Spirit, when they would then walk by the Spirit.

In this devotional, we reflect on what it means to walk with Jesus, in our daily lives, in all we do, and to walk by his Spirit.

(Feel free to look up the songs used here on YouTube to sing along or simply to listen to)

<https://youtu.be/9m6K8btiE64>

Let us walk...

Call to worship

Your throne is founded on two strong pillars
—the one is Justice and the other Righteousness.
Mercy and Truth walk before you as your attendants.
Blessed are those who hear the joyful blast of the trumpet,
for they shall walk in the light of your presence.

**We will rejoice all day long in your wonderful reputation
and in your perfect righteousness.
You are our strength. What glory!
Our power is based on your favour!**



(From Ps 89:14-17 NLT)

Prayer

Incarnate Jesus, who walked the dusty roads of Galilee with your disciples,
walk with us now in our day-to-day rhythms of life.
Transcendent Jesus, who walked upon the water and stilled the wind and waves,
be our companion in our own times of turbulence
and remind us that there is always more than we can know or understand.

**Teach us to walk to the rhythms of your heart
and to keep in step with your Spirit, even when we can't see where he leads.**

Scripture

Blessed are all who fear the Lord, who walk in obedience to him.
²You will eat the fruit of your labour; blessings and prosperity will be yours.
Ps 128:1-2

**He has shown you, O mortal, what is good. And what does the Lord require of you?
To act justly and to love mercy and to walk humbly with your God.
Micah 6:8**



Lord, who may dwell in your sacred tent?
Who may live on your holy mountain?
²The one whose walk is blameless, who does what is righteous,
who speaks the truth from their heart...
Ps 15:1-2

Song

Blessed be your name
In the land that is plentiful
Where your streams of abundance flow
Blessed be your name



Blessed be your name
When I'm found in the desert place
Though I walk through the wilderness
Blessed be your name.

Every blessing you pour out, I'll
Turn back to praise
When the darkness closes in, Lord
Still I will say

Blessed be the name of the Lord
Blessed be your name
Blessed be the name of the Lord
Blessed be your glorious name

Blessed be your name
When the sun's shining down on me
When the world's 'all as it should be'
Blessed be your name

Blessed be your name
On the road marked with suffering
Though there's pain in the offering
Blessed be your name

Every blessing you pour out I'll
Turn back to praise
When the darkness closes in, Lord
Still I will say

Blessed be the name of the Lord
Blessed be your name
Blessed be the name of the Lord
Blessed be your glorious name, oh [x 2]

You give and take away
You give and take away
My heart will choose to say
Lord, blessed be your name

Reflection

Walking implies a sense of companionship and shared purpose. When we walk with someone, we are generally walking in the same direction, even if it may be for totally different reasons. There is a sense of the shared journey. As Amos asks, "Do two walk together unless they have agreed to do so?" (Amos 3:3)

For three years before his death, Jesus walked with his disciples. A great deal of time was spent on the road and the Gospels only give us glimpses of the conversations and experiences of those journeys. They must have been rich times of learning and encounter.

The notion of walking with God, however, goes back centuries before Jesus appeared in human form. God called Abram, when he was 99 years of age, to walk before him faithfully and be blameless (Gen 17:1).

Even before that, "Enoch walked faithfully with God; then he was no more, because God took him away."
Genesis 5:24

God promised his people in the wilderness,
"I will walk among you and be your God, and you will be my people." (Lev 26:12).

In The Old Testament, walking with God implied living in obedience, faith and trust. (Ps 128:1-2) It was said of King Jotham of Judah that he "grew powerful because he walked steadfastly before the Lord his God."
(2 Chronicles 27:6)

Isaiah called God's people to "walk in the light of the Lord." (Isaiah 2:5)

In the Gospels, Jesus showed us how to walk in humility, in obedience and with purpose. In his walking from town to town, he encountered many different kinds of people, brought healing to many, touched people's lives in unexpected ways, and lived out the Kingdom of God.

After his ascension into Heaven, the emphasis seems to be on walking in the way of love, in light, and by the Spirit (Eph 5:1; 1 John 1:7; Gal 5:16).

Walk in the way of love.

Walk in the light.

Walk by the Spirit.

Reflect for a moment on what that means for you: to walk in love, the light and by the Spirit?

What makes it possible for you to walk this way?

What hinders you from walking this way?

If you were to draw yourself walking with Jesus right now, what would that look like?
Are you hand in hand? Are you dragging behind, racing ahead, or is there some distance between you?

Silence

Prayer

Lord Jesus, please help me to follow your example as your dearly loved child and to walk in the way of love, just as you loved us and gave yourself up for us as a fragrant offering and sacrifice to God.

Show me your way of love.

Teach me to walk in the light, as you are in the light.

Show me your light and steer me away from darker pathways.

Let me walk always by your Spirit, and not my own desires and needs.

Show me where your Spirit is at work that I may keep in step with him.

Based on Eph 5:1; 1 John 1:7; Gal 5:16.

Song

He walks with God who speaks to God in prayer,
And daily brings to him his daily care;
Possessing inward peace, he truly knows
A heart's refreshment and a soul's repose.

He walks with God who, as he onward moves,
Follows the footsteps of the Lord he loves,
And keeping him forever in his view,
His Saviour sees and his example too.

He walks with God who turns his face to Heaven,
And keeps the blest commands by Jesus given;
His life upright, his end untroubled peace,
Whom God will crown when all his labours cease.

Sometimes Jesus can be walking beside us and we are unaware of his presence and what he might be saying to us. Place yourself in this story: feel the dust of the road, the heat of the day and the heaviness of the disciple's hearts as they walk this journey. Listen with them to Jesus' words and hear what he might be saying to you today.

Scripture

¹³ Now that same day two of them were going to a village called Emmaus, about seven miles from Jerusalem. ¹⁴ They were talking with each other about everything that had happened. ¹⁵ As they talked and discussed these things with each other, Jesus himself came up and walked along with them; ¹⁶ but they were kept from recognizing him.

¹⁷ He asked them, "What are you discussing together as you walk along?"

They stood still, their faces downcast. ¹⁸ One of them, named Cleopas, asked him, "Are you the only one visiting Jerusalem who does not know the things that have happened there in these days?"

¹⁹ "What things?" he asked.

"About Jesus of Nazareth," they replied. "He was a prophet, powerful in word and deed before God and all the people. ²⁰ The chief priests and our rulers handed him over to be sentenced to death, and they crucified him; ²¹ but we had hoped that he was the one who was going to redeem Israel. And what is more, it is the third day since all this took place. ²² In addition, some of our women amazed us. They went to the tomb early this morning ²³ but didn't find his body. They came and told us that they had seen a vision of angels, who said he was alive. ²⁴ Then some of our companions went to the tomb and found it just as the women had said, but they did not see Jesus."

²⁵ He said to them, "How foolish you are, and how slow to believe all that the prophets have spoken! ²⁶ Did not the Messiah have to suffer these things and then enter his glory?"

²⁷ And beginning with Moses and all the Prophets, he explained to them what was said in all the Scriptures concerning himself.

²⁸ As they approached the village to which they were going, Jesus continued on as if he were going farther.

²⁹ But they urged him strongly, "Stay with us, for it is nearly evening; the day is almost over."

So he went in to stay with them.

³⁰ When he was at the table with them, he took bread, gave thanks, broke it and began to give it to them.

³¹ Then their eyes were opened and they recognized him, and he disappeared from their sight. ³² They asked each other, "Were not our hearts burning within us while he talked with us on the road and opened the Scriptures to us?"

Luke 24:13-32

Prayer

To walk in love, Lord, I need to know your love for myself
and to see your love at work in my life.
Open my eyes to how your love is leading me.

**To walk in the light, I need to discern light from darkness
and to recognise your light in the midst of all the artificial brightness around me.
Help me to recognise where your light is already brightening my world and to step into that light.**



To walk by the Spirit, I need to recognise His presence
and be aware of the direction he wants to take me.
Teach me to be more sensitive to his leading,
especially when he leads me in unexpected or counter-cultural pathways.

**I long to walk in deeper companionship with you, O Lord,
please reveal to me all that hinders me from doing so
and keep me close to your side, even when the way is dark and difficult.**

Song

You call me out upon the waters
The great unknown where feet may fail
And there I find you in the mystery
In oceans deep
My faith will stand

And I will call upon your name
And keep my eyes above the waves
When oceans rise, my soul will rest in your embrace
For I am yours and You are mine

Your grace abounds in deepest waters
Your sovereign hand
Will be my guide
Where feet may fail and fear surrounds me
You've never failed and you won't start now

So I will call upon your name
And keep my eyes above the waves
When oceans rise, my soul will rest in your embrace
For I am yours and you are mine

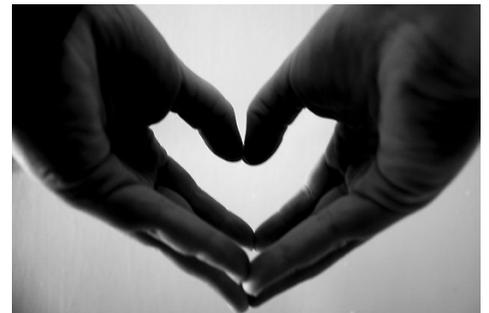
Spirit lead me where my trust is without borders
Let me walk upon the waters
Wherever you would call me
Take me deeper than my feet could ever wander
And my faith will be made stronger
In the presence of my Saviour [x 2]

I will call upon your name
Keep my eyes above the waves
My soul will rest in your embrace
I am yours and you are mine



Benediction

May God give you strength when you are weary
and increase your power when you are weak.
When youths grow tired and weary, and young men stumble and fall;
may you, who hope in the Lord, be renewed in strength.
May you soar on wings like eagles;
may you run and not grow weary,
may you walk and not be faint. (From Isaiah 40:29-31)



GOING DEEPER – Let us walk...

The image of walking with God is frequently used throughout Scripture, and in the language we use to talk about our own relationship or journey with God. It implies a sense of companionship and shared values and purpose. There are times we may feel we are walking closely with God, and other times we may feel we are either lagging behind, racing ahead, or simply out of step with him. It is good to take time to reflect on how in step with him we may or may not be, and if that reflects where we want to be.

Here are some suggestions that may help you in your time of reflection.

- **Reflect:** Read through the Reflection again. Notice what stands out for you and think about why this might be. Notice the words: what moved you? What was jarring? What was hard to read? How do you feel when you read these words? Where in your life do these words resonate?
- **The Bible** is full of examples of people who walked with God. Reflect on one of these examples, thinking about the context and what God is saying. Do we feel like we are walking with God at this time in our lives? What things make it hard to keep in step with God's Spirit? What can we do about it? When do we find it easy to keep in step? What other passages call us to walk with God? (For example, 2 John 1:4-6). What does that look like?
- Use one of the Bible passages or songs provided in the material to practise **Lectio Divina**.
- **Visualise Scripture!** Think of the disciples on the road to Emmaus, or any other story that comes to mind of the disciples walking with Jesus. Slowly read the story through. After each verse, close your eyes and picture the scene being described. What do you see, smell, hear? What would it feel like if you were there? How is God speaking to you through this? You could either record this experience in your journal or share it with someone
- **Be creative:** think about a time when you felt you were walking particularly close to God. How did that impact you? How did you respond? You might like to draw, paint, write, dance or sing about this experience to more deeply reflect on it. Alternatively, draw a picture (or create a collage) of your present walk with God. How close are you to him? What might be separating you if you are not especially close at the moment?
- Go for a **walk**. What do you notice as you walk? Intentionally focus on what it is like to walk this particular pathway or area with God. What would he see, notice or pay attention to?
- If you are **sharing** this retreat day with someone else, spend some time sharing your experience of walking with God over the years, or how it is right now. Share what God might be saying to you about this. 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.

This is something that can be done throughout the day or at the end of the day. It helps us to become more aware of and focused on the presence of God in the midst of everyday life.

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

SONGS

Blessed be the name of the Lord: Beth Redman, Matt Redman. 2002 Thankyou Music
(Admin. by Crossroad Distributors Pty. Ltd.)

He walks with God: Dorothy Ann Thrupp (1779-1847),

Oceans (Where Feet May Fail): Joel Houston / Matt Crocker / Salomon Ligthelm. 2012 Hillsong Music Publishing

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