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

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



# YOU WILL SEE...

The invitation to see, to truly see, beyond the unlikely, improbable and even impossible, is a significant part of the faith journey. The challenge to look beyond what we think we know or understand is a challenge to open ourselves to mystery, awe and wonder.

According to scientists, what we see when we look up to the night sky is only 5% of what is actually there – the rest is dark matter and dark energy. I can't even begin to understand that, but I am awed at the thought of it – and reminded how awesome and incredible our God is...

In the New Testament, there are a number of times when Jesus proclaims, "You will see..."

Most of the times he says this, he is calling his followers to look beyond the known, calling them to the expectation of seeing something beyond imagining.

It is a call to lift our eyes, to pay attention, and to be prepared to see the glory of God breaking into our ordinary everyday lives.

This month we explore what Jesus is inviting us to see, particularly focusing on the Easter events, as well as reflecting on the ways we might be blind to the powerful works of God.

Here is the video link if you would like to follow this on-line:- https://youtu.be/7FCRW13pq9s

# You will see...

### Call to Worship

Shout for joy to God, all the earth! Sing the glory of his name; make his praise glorious. Come and see what God has done, his awesome deeds for mankind! Ps 66:1,5



Prayer

You, God, are my God, earnestly I seek you; I thirst for you, my whole being longs for you, in a dry and parched land where there is no water. <sup>2</sup> I have seen you in the sanctuary and beheld your power and your glory. Open my eyes, Lord, that I may see all that you have stretched out before me. Open my mind to the ways you want to challenge my thinking and believing. I want to see ever more of your power and glory. From Ps 63:1-2

#### **Scripture**

<sup>38</sup> Jesus, once more deeply moved, came to the tomb. It was a cave with a stone laid across the entrance. <sup>39</sup> "Take away the stone," he said. "But, Lord," said Martha, the sister of the dead man, "by this time there is a bad odour, for he has been there four days."

<sup>40</sup>Then Jesus said, "Did I not tell you that if you believe, you will see the glory of God?"

<sup>41</sup> So they took away the stone. Then Jesus looked up and said, "Father, I thank you that you have heard me. <sup>42</sup> I knew that you always hear me, but I said this for the benefit of the people standing here, that they may believe that you sent me." <sup>43</sup> When he had said this, Jesus called in a loud voice, "Lazarus, come out!" <sup>44</sup> The dead man came out, his hands and feet wrapped with strips of linen, and a cloth around his face. Jesus said to them, "Take off the grave clothes and let him go."

John 11:38-44

#### Prayer

Behold, the glory of God! I believe and I have seen your glory, o Lord! When the day is grey and shadowed, and all seems hopeless, Open my eyes to see your power and glory. When everyone else sees darkness and decay, Let me see your life, light and truth.

#### **Scripture**

<sup>15</sup> "If you love me, keep my commands. <sup>16</sup> And I will ask the Father, and he will give you another advocate to help you and be with you forever—
<sup>17</sup> the Spirit of truth. The world cannot accept him, because it neither sees him nor knows him. But you know him, for he lives with you and will be in you.
<sup>18</sup> I will not leave you as orphans; I will come to you.
<sup>19</sup> Before long, the world will not see me anymore, but you will see me. Because I live, you also will live. John 14:15-19

# Reflection

"You will see", said Jesus.

You will see the glory of God... You will see greater things... You will see me... You will see the Son of Man sitting at the right hand of the Mighty One and coming on the clouds of heaven... You will see the risen Lord Jesus!

"Imagine the impossible", is the invitation of Jesus.

Imagine...

Instead of being amazed about simply being seen underneath a fig tree, imagine seeing 'heaven open, and the angels of God ascending and descending on' the Son of Man." (John 1:43-51)

Instead of a 3-day old corpse, imagine seeing the glory of God in a living, breathing man! Instead of a man crucified to death, imagine seeing the Son of Man seated in Heaven! Instead of a tomb containing a corpse, imagine, again, seeing an empty tomb and a living Messiah!

What wondrous things to see!

Some believed and saw beyond what was known and possible – they caught a glimpse of glory. Others, such as the high priest and those accusing Jesus, were unable to look beyond their own certainties and complacencies and instead of seeing the glory of God, they condemned the Messiah (Mark 14:60-65) and settled for their own darkness.

For me, looking up at the stars at night and recognising that what I can see is only 5% of what is there, challenges me to let go of my limited knowledge and to believe that there is far more to see and discover than I could ever have imagined.

When Jesus invites me to see in the spiritual realm, it also challenges me to let go of what I think I know, to admit that my own certainties are far less certain than I like to think, and to accept that there is far more going on in and around me than I could ever dream of.

And yet, I am often blind.

I frequently miss a moment of glory because I was consumed with my own problems. I may miss a life-giving experience because I was trying to figure things out my own way. I may sometimes miss a healing encounter because it didn't come as I expected it.

And I turn again to lift my eyes to Jesus. What is he calling me to see, and to believe? Where is he calling me to lay aside my preconceptions and limited knowledge? What wonders is he spreading put before my eyes?

Pause for a moment and reflect on these questions.

Offer your own prayer in response.



# Scripture

After the Sabbath, at dawn on the first day of the week, Mary Magdalene and the other Mary went to look at the tomb. <sup>2</sup>There was a violent earthquake, for an angel of the Lord came down from heaven and, going to the tomb, rolled back the stone and sat on it.<sup>3</sup> His appearance was like lightning, and his clothes were white as snow.<sup>4</sup>The guards were so afraid of him that they shook and became like dead men. <sup>5</sup>The angel said to the women, "Do not be afraid, for I know that you are looking for Jesus, who was crucified. <sup>6</sup>He is not here; he has risen, just as he said. Come and see the place where he lay. <sup>7</sup>Then go quickly and tell his disciples: 'He has risen from the dead and is going ahead of you into Galilee. There you will see him.' Now I have told you." Matt 28:1-7

#### Prayer

Sometimes, Lord, I cannot see. Doubts and insecurities blind my faith. Grief and loss, sickness and death simply look like grief and loss, sickness and death. Yet you invite us to more, always to more. You invite us to see more, to experience more, and to trust more. You invite us to see beyond grief and loss, sickness and death to the glory and wonder you hold before us. Give me eyes to see the same way, the same things, that you see. Give me courage to step out of the known and to see beyond my own limitations. O Lord, let me see more of your power and glory in the world around me!



### **Scripture**

 <sup>50</sup> Jesus said, "You believe because I told you I saw you under the fig tree. You will see greater things than that."
 <sup>51</sup> He then added, "Very truly I tell you, you will see
 'heaven open, and the angels of God ascending and descending on' the Son of Man." John 1:50-51

### **Benediction**

May the God of our Master, Jesus Christ, the God of glory, make you intelligent and discerning in knowing him personally, may your eyes be focused and clear, and may you see exactly what it is he is calling you to do. May you grasp the immensity of this glorious way of life he has for his followers, oh, the utter extravagance of his work in us who trust him—endless energy, boundless strength! From Eph 3:18 (MSG)



#### Song Suggestions:

God of countless wonders (Chris Tomlin) What the Lord has done in me (Hillsong) I lift my hands (Chris Tomlin) **GOING DEEPER:** Here are some suggestions that may help you to engage more deeply with this theme.

- The Bible has many accounts of God's amazing deeds and wonders, often miraculous ones, and his people are called again and again to pay attention and to remember. He asks us to lift our eyes and look! Choose one such Bible passage and read it through slowly. Reflect on the circumstances around this story and what it tells you about God and about you. Think about what God might be saying to you in your circumstances through his words.
- **Reflect** on ways God has revealed himself, or his glory and power, to you in the past especially those times when it has been unexpected or even almost unbelievable. Think about the circumstances and how you responded. What have you learnt about God (and yourself) and how has that impacted your relationship with him? Are you facing a situation now where you need to see in a new way, or look beyond what is normally possible? What is God saying to you about this?
- You could use one of the Bible passages or prayers provided in the material to practise Lectio Divina. (see page 7)
- Visualise Scripture! Choose a Bible pasage where God has revealed something of himself, or done something seemingy impossible. (It may be helpful to use a concordance). Read it through slowly all of it or some selected verses. Close your eyes and picture what is being described. What do you see, smell, hear? How is God revealing himself to you through this? How could you act out these verses? You could record this experience in your journal or share it with someone.
- Meditate on a verse or passage of Scripture that encourages you to open your eyes and see new ways that God is at work. A concordance may also be helpful here.
- If you enjoy being creative, find some way to express how you have seen God at work in seemingly impossible ways or of having your eyes opened in an unexpected way. What did that look like for you? What did it feel like? How would you describe what it is like to someone else? You can create a collage, or draw, paint, use clay, write a poem or compose a song. If you enjoy working with clay (or plasticine) take a piece of clay and knead it in your hands. As you feel it moving beneath your fingers, let it move into a shape that expresses your experience of the God who calls you to see.
- Go for a walk. As you walk, be open to what God may say to you, or reveal to you, about your relationship with him at the moment and how he might be calling you see in new ways. Look around you...what do you see? Is there anything that challenges or inspires you to respond to his work or his word in you in a different way?
- 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.

### FOR FURTHER REFLECTION

<sup>13</sup> Moses answered the people, "Do not be afraid. Stand firm and you will see the deliverance the LORD will bring you today. The Egyptians you see today you will never see again. <sup>14</sup> The LORD will fight for you; you need only to be still." Ex 14:13-14

<sup>15</sup> "If you love me, keep my commands. <sup>16</sup> And I will ask the Father, and he will give you another advocate to help you and be with you forever—<sup>17</sup> the Spirit of truth. The world cannot accept him, because it neither sees him nor knows him. But you know him, for he lives with you and will be in you. <sup>18</sup> I will not leave you as orphans; I will come to you.<sup>19</sup> Before long, the world will not see me anymore, but you will see me.Because I live, you also will live. <sup>20</sup> On that day you will realize that I am in my Father, and you are in me, and I am in you. <sup>21</sup> Whoever has my commands and keeps them is the one who loves me. The one who loves me will be loved by my Father, and I too will love them and show myself to them." John 14:15-21

<sup>16</sup> Jesus went on to say, "In a little while you will see me no more, and then after a little while you will see me." <sup>17</sup> At this, some of his disciples said to one another, "What does he mean by saying, 'In a little while you will see me no more, and then after a little while you will see me,' and 'Because I am going to the Father'?"<sup>18</sup> They kept asking, "What does he mean by 'a little while'? We don't understand what he is saying." <sup>19</sup> Jesus saw that they wanted to ask him about this, so he said to them, "Are you asking one another what I meant when I said, 'In a little while you will see me no more, and then after a little while you will see me'?<sup>20</sup> Very truly I tell you, you will weep and mourn while the world rejoices. You will grieve, but your grief will turn to joy. <sup>21</sup> A woman giving birth to a child has pain because her time has come; but when her baby is born she forgets the anguish because of her joy that a child is born into the world. <sup>22</sup> So with you: Now is your time of grief, but I will see you againand you will rejoice, and no one will take away your joy. <sup>23</sup> In that dayyou will no longer ask me anything. Very truly I tell you, my Father will give you whatever you ask in my name. <sup>24</sup> Until now you have not asked for anything in my name. Ask and you will receive, and your joy will be complete. John 16:16-24

The high priest said to him, "I charge you under oath by the living God: Tell us if you are the Messiah, the Son of God." <sup>64</sup> "You have said so," Jesus replied. "But I say to all of you: From now on you will see the Son of Man sitting at the right hand of the Mighty One and coming on the clouds of heaven." Matt 26:63-64

<sup>60</sup> Then the high priest stood up before them and asked Jesus, "Are you not going to answer? What is this testimony that these men are bringing against you?" <sup>61</sup> But Jesus remained silent and gave no answer. Again the high priest asked him, "Are you the Messiah, the Son of the Blessed One?"
<sup>62</sup> "I am," said Jesus. "And you will see the Son of Man sitting at the right hand of the Mighty One and coming on the clouds of heaven." Mark 14:60-62

<sup>35</sup> The next day John was there again with two of his disciples. <sup>36</sup> When he saw Jesus passing by, he said, "Look, the Lamb of God!" <sup>37</sup> When the two disciples heard him say this, they followed Jesus.<sup>38</sup> Turning around, Jesus saw them following and asked, "What do you want?" They said, "Rabbi" (which means "Teacher"), "where are you staying?" <sup>39</sup> "Come," he replied, "and you will see." So they went and saw where he was staying, and they spent that day with him. It was about four in the afternoon. John 1:35-39

<sup>47</sup> When Jesus saw Nathanael approaching, he said of him, "Here truly is an Israelite in whom there is no deceit." <sup>48</sup> "How do you know me?" Nathanael asked. Jesus answered, "I saw you while you were still under the fig tree before Philip called you." <sup>49</sup> Then Nathanael declared, "Rabbi, you are the Son of God; you are the king of Israel." <sup>50</sup> Jesus said, "You believe because I told you I saw you under the fig tree. You will see greater things than that." <sup>51</sup> He then added, "Very truly I tell you, you will see 'heaven open, and the angels of God ascending and descending on' the Son of Man." John 1:43-51

### **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.

### 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.

Mars Hill Bible Church marshill.org/teaching/sp

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