

NATIONAL FAST 2024

THE JOURNEY CONTINUES
DAY 3 & 4



The Journey Continues: Day 3 & 4

1. The Invitation

Revelation: Reflection and Repentance

Spiritual Direction Exercise

Silence

Take a few moments to become still, settling into this time and space of prayer

Silence

Awareness

Become aware of the loving presence of the Trinity here, now.

The Father, Son, and Holy Spirit are with, around, and within you.

Silence

Reflection

Mark 9:2-8: Jesus took Peter, James and John with him and led them up a high mountain, where they were all alone. There he was transfigured before them. His clothes became dazzling white, whiter than anyone in the world could bleach them. And there appeared before them Elijah and Moses, who were talking with Jesus.

Place yourself yourself in the scene, as if Jesus led you up the mountain with Peter, James, and John.

Silence

How does it feel to experience Jesus transfigured - his clothes dazzling white, whiter than anyone could bleach them, talking with Elijah and Moses?

Silence

May God bless you to see Jesus, to see the beauty of the Lord.

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Posturing Liturgy

Leader:

Lord, help us to till the gardens of our souls.

Confession admits that we have weeds in our garden.

Remorse grieves the state of our garden enough to fix it.

Repentance pulls up the weeds and overturns the soil.

Restitution plants new seeds.

Forgiveness waters the ground and hopes for new growth.

Reconciliation celebrates with joy the new shoots springing up.

Response:

Holy Spirit, open our eyes to see the state of our souls. Show us our weeds to confess and repent of. Give us courage to do what we need to do. Sweet rain from heaven, come and water us. Flood our dry ground and make us fertile again. Refresh us with your drops of mercy. Holy wind, come and blow on our garden. Grow new life in us. Amen

Moments of silence.

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Moments of silence.

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2. Anchoring Reflection: “Rest in Me”

Focus

Something beautiful happens when we surrender to God afresh and consecrate ourselves to loving and serving Jesus. It’s like having our ears open after them being plugged during a plane flight. We are ready to hear His voice.

As the Vineyard, we believe in revelation, that God is still speaking today, and wants to communicate with each one of us because He is a personal God. He speaks, we listen, we speak, He listens. Today we listen for His voice, in creation, in the Scriptures, through the Holy Spirit, through the body of Christ.

Scripture

Matthew 11:28-30 (The Message)

“Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you’ll recover your life. I’ll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won’t lay anything heavy or ill-fitting on you. Keep company with me and you’ll learn to live freely and lightly.”

Reflect

What might it look like for you this week to respond to the invitation of Jesus “Rest in me?”

Quote

“In Jewish culture, days begin in the evening with the setting of the sun. (We see this in Genesis 1 with the repetition of “And there was evening and there was morning.”) The day begins with rest. We start by settling down and going to sleep. This understanding of time is powerfully reorienting, even jarring, to those of us who measure our days by our own efforts and accomplishments. The Jewish day begins in seemingly accomplishing nothing at all. We begin by resting, drooling on our pillow, dropping off into helplessness. Eugene Peterson says, “The Hebrew evening/morning sequence conditions us to the rhythms of grace. We go to sleep and God begins his work.”

Tish Harrison Warren *Liturgy of the Ordinary: Sacred Practices in Everyday Life*

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3. Common Prayer: Ephesians 3

Magnificent Father
Creator of everything on heaven and on earth
We fall to our knees and pray

Strengthen us by your Holy Spirit
Not with a brute strength, but a glorious inner strength
That Christ might live in us as we open the door to our hearts and invite You in

Christ, make a home in our hearts as we trust You

Plant our feet firmly on love that we would be able to receive, together, the extravagant dimensions of Christ's love.

Empower us to reach out and meet you in your love.
Empower us to experience the height and breadth and depth of Your love for us,
that surpasses knowledge, that we may be filled with all the fullness of God.

We believe you are able to work within us and are able to accomplish within us abundantly far more than we could ever ask or imagine.

Thank you, that you do this not by pushing us around but by Your Spirit working, deeply and gently within us.

Glory be to God in the Church!
Glory be to God in Jesus, the Messiah!
Glory be to God through all the generations!
Amen

Please Note: Throughout the fast we encourage you to send into the VC team what you are hearing and sensing the Holy Spirit may be speaking to us as a family. Please send your contributions to the listeningteam@vineyard.ca

During the live call please submit "in the moment" brief contributions on the chat wall and any longer submissions in email form to the above address. Thank you for leaning in and listening. Our team is regularly reviewing & considering what is coming in as well as comprising summaries that are woven into our daily zoom gathering. Bless you as you continue to lean into Jesus during these days!