



# Bread for the Journey

## February 2024

## Tension Versus Attention



Here's a familiar passage from St. Matthew's gospel, just before the feeding of the four thousand. **(Mt 15vv 29ff)**

*'Jesus left there and went along the Sea of Galilee. Then he went up a on a mountainside and sat down. Great crowds came to him, bringing the lame, the blind, the maimed, the mute and many others, and laid them at his feet, and he healed them. The people were amazed when they saw the mute speaking, the maimed made well, the lame walking and the blind seeing. And they praised the God of Israel. Jesus called his disciples to him and said 'I have compassion for these people'*

Let Jesus show his compassion to you. In an attitude of prayer, ask yourself

- Lameness; where are you halting in your walk with Jesus?
- Blindness; where would you like to see more clearly as we move into Lent?
- Maimed; what wounds are you carrying that you can bring to Jesus?
- Mute; what in your life is mute, before God- what is preventing you speaking to Jesus about things you need to engage with him about?

And from the compassion that Jesus has given you

- Lameness; How can you help someone walk more firmly in the faith this Lent?
- Blindness; How can you help someone see the way ahead more clearly this Lent?
- Maimed; there are many maimed, scarred and wounded people whom you meet in daily life; identify one, and commend them to God in your prayers this Lent
- Mute; commit to speaking to someone this Lent to whom you have not spoken for a long time.

And finish with this prayer of St Thomas More; Thank you, dear Jesus, for all that you have given me, all that you have taken away from me, and all that you have left me.

*Amen.*

*- Rev Roy Shaw (Spiritual Director)*



**If you would like to speak confidentially about your life-in-God do contact one of the Anglican Diocese of Cyprus and the Gulf's, Spiritual Directors Group:**

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