



# Bread for the Journey

## August 2024

### Called and Sent by Rev Roy Shaw



Jesus went around teaching from village to village. <sup>7</sup> Calling the Twelve to him, he began to send them out two by two and gave them authority over impure spirits.

<sup>8</sup> These were his instructions: “Take nothing for the journey except a staff—no bread, no bag, no money in your belts. <sup>9</sup> Wear sandals but not an extra shirt. <sup>10</sup> Whenever you enter a house, stay there until you leave that town. <sup>11</sup> And if any place will not welcome you or listen to you, leave that place and shake the dust off your feet as a testimony against them.”

<sup>12</sup> They went out and preached that people should repent. <sup>13</sup> They drove out many demons and anointed many sick people with oil and healed them.  
( Mk 6 vv6b-13)

Here Jesus challenges to us to focus on our vocation as the baptised people of Christ, whatever situation we find ourselves in. We might want to make excuses—perhaps you can hear the disciples muttering ‘I haven’t packed yet’ or ‘I don’t know enough to witness to Christ’, ‘What do you mean, no money, no luggage?!’ But it’s also a call to depend on grace, particularly the grace to be found in trusting God to meet all our needs from those of goodwill around us. And being surprised at the outcomes!

So find a quiet corner, and give yourself over to God, as you ponder the following;-

- What is your particular vocation? What is it that God is asking you to do, to be, that no-one else can fulfil?
- What is hindering you, what excuses might you be making, which means that this ‘special you’ is ‘on pause’, or reluctant, perhaps even disobedient?
- ‘My grace is sufficient for you’ was the testimony of St Paul to any hawing about doing God’s will. Has God’s overflowing grace met you in times of need? Look back to a time when God’s grace was sufficient for the task, surprised you even, and give thanks.
- Tell God about any anxieties you have about what he is asking you to do, what he is asking you to be’. And ask for his grace to meet your needs.
- Finally, end 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,*



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:

Rev Gill Nisbet, Interim Priest, Abu Dhabi - [gillnisbet@standrewauh.org](mailto:gillnisbet@standrewauh.org)  
Rev Roy Shaw, UK based for Cyprus - [revroyshaw@protonmail.com](mailto:revroyshaw@protonmail.com)  
Sue Riddell, UK based for the Gulf - [sueriddell49@gmail.com](mailto:sueriddell49@gmail.com)