

# Daily Reflection

## Daily Update – Wednesday, 23rd September

**Good Morning Everyone,**

**The Reflection has been provided by Matt.**

Let's continue to spend time reflecting on God's word in prayerful quiet today, remembering God's faithfulness to us in his word and in his Spirit.

### **Pause**

As I enter prayer now,  
I pause to be still;  
to breathe slowly;  
to re-centre my scattered senses  
upon the presence of God.

### **Rejoice**

I rejoice in God's voice today, reminding myself of his justice with the ancient praise of all God's people with some of the words of Psalm 119

Accept, Lord, the willing praise of my mouth,  
and teach me your laws.  
Though I constantly take my life in my hands,  
I will not forget your law.  
The wicked have set a snare for me,  
but I have not strayed from your precepts.  
Your statutes are my heritage forever;  
they are the joy of my heart.  
My heart is set on keeping your decrees  
to the very end.

### **Luke 9:1-6**

When Jesus had called the Twelve together, he gave them power and authority to drive out all demons and to cure diseases, and he sent them out to proclaim the kingdom of God and to heal the sick. He told them: "Take nothing for the journey—no staff, no bag, no bread, no money, no extra shirt. Whatever house you enter, stay there until you leave that town. If people do not welcome you, leave their town and shake the dust off your feet as a testimony against them." So they set out and went from village to village, proclaiming the good news and healing people everywhere.

This part of the disciples' 'training' follows some impressive reminders of what Jesus can do. In the previous chapter, he calmed a storm, healed a demon possessed man, raised a dead girl to life and healed an old woman from hemorrhaging for 12 years. The disciples are now sent out to preach the closeness of the kingdom of God. I suspect if we were to agree to such a venture, we would want to know what our resources would be, where the funding would come from and when we would return. I know I would!

Instead, Jesus sends them out with next to nothing. We might note that later, in different circumstances, Jesus sent the disciples out with very different resources, (for example, Luke 22:36). Their resource IS Jesus. Here they are charged with

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spreading the good news of the Kingdom of God, to look for people waiting to hear the Good News. But first, they must first learn to rely on him to show the reality of the kingdom, the kindness of God and his light over darkness.

Few of us have encountered evil in the way the disciples did, I think it often occurs when the kingdom of God breaks new ground. I have enough experience to know it is real, and that I couldn't handle it alone. But, Richard Foster also reminds us that the first place we find the kingdom is in ourselves, to be full of light, not darkness, to be healed that we might heal others, then we can see it at work in the world around us.

Jesus is teaching them an important lesson that we can learn from too.

Trust me.

Trust me when you experience opposition and spiritual darkness.

Trust me when someone is in pain and you do not know what to do.

Trust me when you are uncertain where the next meal will come from.

Trust me even though you have nothing.

Trust me when it is just you.

## **Yielding prayer**

King Agur, who wrote the proverb quoted, reminds us of our need for God's help. He acknowledged his shortcomings (Prov 30:2-3) and his inability to meet the demands upon him and asked God for help. Perhaps that is the best place to start.

“Two things I ask of you, Lord;  
do not refuse me before I die:  
Keep falsehood and lies far from me;  
give me neither poverty nor riches,  
but give me only my daily bread.

Prov 30:7-8

Closing Prayer

**Father help me to live this day to the full, being true to you in every way.  
Jesus help me to give myself away to others, being kind to everyone I meet  
Spirit, help me to seek the lost, proclaiming Christ in all I do and say.  
Amen**

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## Remember...



## News

### Urgent Help Required

We are in need of someone to help with the video editing for the Sunday services. This involves taking the various video/text elements, combining them together, and uploading to the internet. If you or someone you know is interested in helping out or seeing what is involved, please get in touch with Jon Robinson. [wardens@stjohnssouthbourne.com](mailto:wardens@stjohnssouthbourne.com)

**Care for the Family are running this course below. If you would like more information, here is the link:**

[https://www.careforthefamily.org.uk/events/events-online/raising-faith?utm\\_source=STD&utm\\_medium=RFE&utm\\_campaign=RFE&utm\\_term=RFE&utm\\_content=RFE](https://www.careforthefamily.org.uk/events/events-online/raising-faith?utm_source=STD&utm_medium=RFE&utm_campaign=RFE&utm_term=RFE&utm_content=RFE)

**Care for the Family**

## Raising FAITH

Helping our children find a faith that lasts

Just fifty percent of children growing up in Christian homes will go on to have their own faith as adults. As parents, if we want to encourage them to find a faith that lasts, we need to model a faith that is real. Join Katharine Hill and Andy Frost as they share ideas to help you explore your children's questions, inspire them to discover God in the everyday and more.

📅 Viewing dates: **6, 7, 8 Oct**  
🕒 Time: **7.30pm**  
🔗 [Book here](#)

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## **Please turn it off!**

If you are in the Church for a service, prayer or just a visit, can you make sure all the sockets and lights are turned off before you leave? This will help us keep the building safe and save us money on electric bills! Many thanks.

## **The Quiz is Back!!!**



## **Humour**

**Plan ahead -  
It wasn't  
raining  
when Noah  
built the ark.**