

Lectionary readings: 2 Kings 5: 1-14; Psalm 30; Galatians 6: 1-16; Luke 10: 1-11, 16-20

For reflection and prayer

- **2 Kings 5:** Naaman became a new person when he was healed of his skin disease. But he very nearly missed the experience of healing due to his pride and his preconceived notions of how he should be treated. His pride was hurt and his expectations shattered by the low-key, simple cure prescribed by Elisha. God works in ordinary ways. How many miracles of God's grace do we miss because we don't expect God to work in the ordinary, everyday events of our lives? May we be open this week to God's presence in our lives each day, each moment, so that we may allow God to make each one of us a new person in whatever way we need to be made new.
- **Psalm 30:** This is a psalm of praise, for the Psalmist's enemies have not overwhelmed him and God has filled him with joy. Our enemies will be very different from the Psalmist's e.g. fear, anxiety, guilt, bitterness, unresolved anger etc. Like the Psalmist, we can cry out to God and open ourselves to Him, acknowledging whatever is going on inside us preventing God from being to us all He wants to be to us, and letting God bring healing. If we close up our heart to God, we can't receive God's love and healing. But as soon as we open ourselves to God within us, we find Him filling us with His grace. Let's share with God this week whatever 'enemies' lurk within and let God minister to us in love.
- **Galatians 6:** There is so much in this passage we need to reflect on. 'Live creatively', says Paul. (The Message

v1) Forgive; explore who you are and the work you've been given to do; don't compare yourself with others; share all the good things you have with others. If we plant selfishness, we will harvest weeds. If we let God's Spirit have his way in our lives, we will harvest Real Life, fullness of life. Don't let others (e.g. the media) dictate how you should live. God wants to create something totally new in each one of our lives; He wants us to be free to be who we are, not forced into a mould. It might be good for us to reflect this week on which voices we are listening to, and to what extent we are opening ourselves day by day to God's Spirit. Let's live prayerfully and reflectively this week.

- **Luke 10:** Jesus sent out 70 disciples to proclaim the freedom God wants people to experience in their everyday lives. We are surrounded today by people who are burdened by guilt and fear, people who are trapped in a 'dead-end' existence, people who are looking for freedom in the wrong places and ending up more trapped than before, people who are disillusioned, weary, struggling to cope with life, struggling to find any meaning in life, people who are unaware that there is a God who loves them. It is this God of love that we are called to share with people, not a God who is out to blame them or punish them, but a God who wants to set them free and give them inner peace. Jesus says we are not to rejoice in what we do for God, but in what God does for us. This is something that we might like to reflect on each day this week - what is God doing in me, for me? What am I allowing God to do in me? Am I aware of God's presence with me each day? Am I allowing God to change me and make me a new person? We can offer to others only what we are allowing God to do for us.