

# Gathering Manna in the Wilderness: Week 4

"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."

-Matthew 11:28-30

"He went on, "It is necessary that the Son of Man proceed to an ordeal of suffering, be tried and found guilty by the religious leaders, high priests, and religion scholars, be killed, and on the third day be raised up alive."

Then he told them what they could expect for themselves: "Anyone who intends to come with me has to let me lead. You're not in the driver's seat—I am. Don't run from suffering; embrace it. Follow me and I'll show you how. Self-help is no help at all. Self-sacrifice is the way, my way, to finding yourself, your true self. What good would it do to get everything you want and lose you, the real you?"

-Luke 9:22-25

As Jesus laid down His life to fulfill the purpose of His coming so we lay down anything that keeps us becoming who God has made us to be.

Take the first 5-15 minutes of the day to **name and write down** whatever you need to lay down today because it will keep you from becoming who God has made you to be. I ask God to help you in this.

Examples:

- Laying down anger/vengeance and allowing God to help you forgive.
- Laying down our desire to please others so we are accepted and allowing our acceptance to be found in God.
- Laying down and saying no to a good thing that takes away from what God is calling you into.

**ACKNOWLEDGE:** That denying and laying down the parts of ourselves that are attached to our sinful natures allow us to become more of who God made us to be.

**WELCOME:** God's ways over our own ways in our life.

**THANK:** God for showing us the way to become more fully ourselves.

## PRAY:

"Jesus, here I am again, desiring a thing  
that were I to indulge in it would war against my own heart, and the hearts of  
those I love.

O Christ, rather let my life be thine!  
Take my desires. Let them be subsumed in still greater desire for you, until there  
remains no room for these lesser cravings.  
In this moment I might choose to indulge a fleeting hunger, or I might choose to  
love you more.  
Faced with this temptation, I would rather choose you, Jesus— but I am weak. So  
be my strength.

I am shadowed. Be my light.  
I am selfish. Unmake me now, and refashion my desires  
according to the better designs of your love.

Given the choice of shame or glory, let me choose glory.  
Given the choice of this moment or eternity, let me choose in this moment what is  
eternal.

Given the choice of this easy pleasure, or the harder road of the cross, give me  
grace to choose to follow you,  
knowing that there is nowhere apart from your presence where I might find the  
peace I long for, no lasting satisfaction apart from your reclamation of my heart.

Let me build, then, my King, a beautiful thing by long obedience, by the steady  
progression of small choices that laid end to end will become like the stones of a  
pleasing path stretching to eternity and unto your welcoming arms and unto the  
sound of your voice pronouncing the judgment:  
Well done."

Liturgy for Battling a Destructive Desire, Every Moment Holy

