

Gathering Manna in the Wilderness: Week 5

"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

"Now the tax collectors and sinners were gathering around to hear Jesus. But the Pharisees and the teachers of the law muttered, "This man welcomes sinners and eats with them." -Luke 15:1-2 As Jesus welcomed those who were hated and unseemly, so we receive the welcome of Jesus to all the hated and unseemly parts of ourselves.

Challenge #5:

Take 5-15 minutes each evening to write down any emotions that you had today and name any parts that were difficult. In the presence of God ask if what made these parts hard are related to a part of yourself that you see as unseemly. Ask Jesus to show you His welcome of these parts.

ACKNOWLEDGE: That choosing to push away the parts of you that you find unseemly keeps you from the welcome and love of Jesus.

WELCOME: The welcome of Jesus of all your hated and unseemly parts.

THANK: Jesus that He welcomes all of you to Himself.

PRAY: "Christ of the table, you who ate with the hated and befriended those whom others slighted and silenced: may we so welcome the hated parts of our own selves because at your table everyone has a seat and every story is worthy of being heard. Amen."

-The Book of Common Courage KJ Ramsey

