

Guided Meditation 3: Rescue Me Lord

By Rev Nathan Shannon

We find ourselves in a difficult place as a church. Many of us are experiencing a complex range of emotions. Our future seems more uncertain than we once thought it was.

And yet, even as we find ourselves in this situation the Scriptures assure us of God's everlasting love for us. He disciplines those He loves so that we will share in His holiness and reminds us that we really are sons and daughters of our Heavenly Father (Hebrews 12:1-11).

This study is designed to lead us in healthy reflection on our situation. Put aside around 30 minutes. You will need a separate sheet of paper to record your thoughts

Slow down. Begin with prayer. Ask God to reveal Himself through his Word, and to reveal your own heart.

1. Write down how you are honestly feeling about what where we are as a church. Try to identify each emotion you are feeling. For example, *I feel angry and betrayed.*
2. Write down your hurts, disappointments, regrets, sins, losses and complaints. Use as much space as needed. Make sure you write this down on paper so you can see it.
3. Slowly read through Psalm 69.
4. What parts of the Psalm resonate with you?
5. How does the Psalm end? Take a close look at verses 30-36

6. The New Testament teaches us that this Psalm of David is first of all about Jesus before it is about us (see John 2:13-25 & Matthew 27:33-49). We need to hear this Psalm on Jesus' lips first before we can follow His lead and pray it through our own lips. What comfort does hearing this Psalm from Jesus' mouth give you?

7. Write down three things that you can praise God for right now.

a.

b.

c.

8. Spend time in prayer. Prepare for this prayer time by reminding yourself what you wrote down in questions 1, 2 & 7. Follow the Psalmist and take these things to your Heavenly Father, ending with praise.

9. Before you finish, take a moment to write down anything God has revealed to you as you have spent this time with Him. Pay close attention to anything you have seen in your heart for the first time.

10. What God has revealed about Himself:

11. What has God revealed about me: