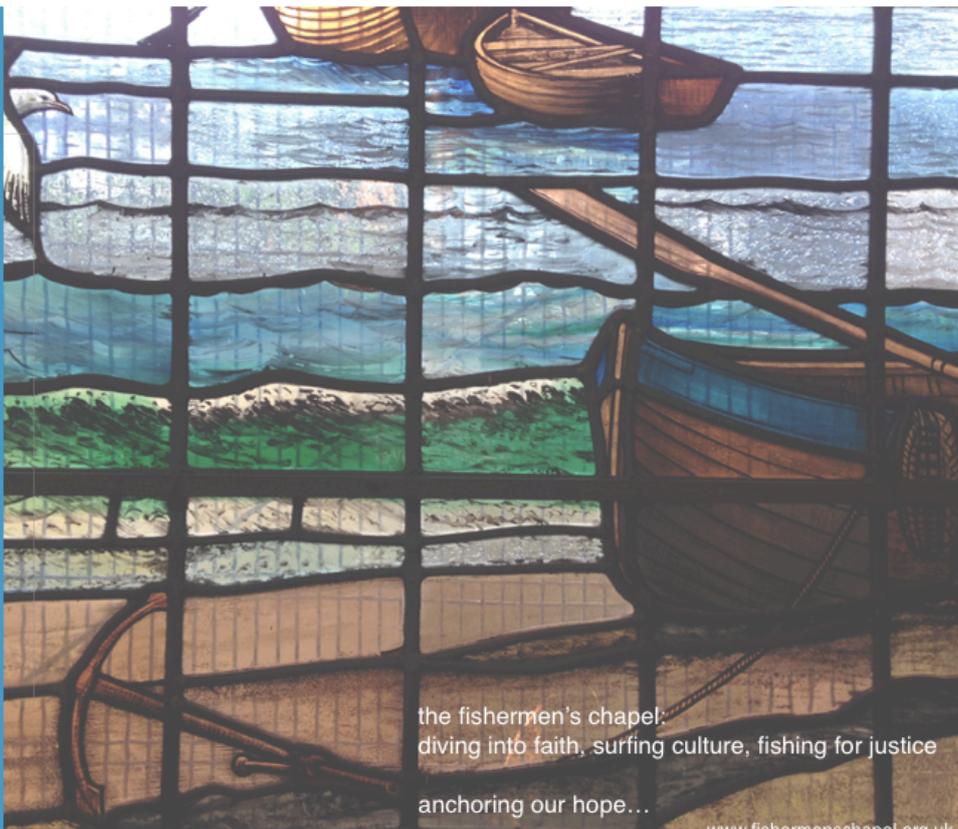


ANCHORED

A meditation created for Anchored -
contemplation & provocation for life through stillness: art: story: bread: wine

Offered to others for personal use or to adapt for other group settings.

Written by Juliet Kilpin 14 July 2015 for The Fishermen's Chapel



 **ANCHORED**

30 minutes of
contemplation & provocation
for life through
stillness:art:story:bread:wine

**Wednesday 15 July
11.00 - 11.30am**

The Fishermen's Chapel, New Road, Old Leigh

the fishermen's chapel:
diving into faith, surfing culture, fishing for justice
anchoring our hope...

www.fishermenschapel.org.uk



Welcome & Intro

Today we are going to focus on our breath. Breathe in: Breathe out

"In the beginning when God created the heavens and the earth, the earth was a formless void and darkness covered the face of the deep, while a wind (Breath) from God swept over the face of the waters". Genesis 1v1

"The Holy Spirit (Holy Breath) helps us in our weakness; for we do not know how to pray as we ought, but that very Spirit (Breath) intercedes with sighs too deep for words". Romans 8v26

ART - Watch this [advert](#) from TFL #ShareTheRoad

Breathe in... Breathe out... The moment has gone... It's time to move on...

STORY - Read The Rejection of Jesus at Nazareth from Luke 4

When he came to Nazareth, where he had been brought up, he went to the synagogue on the sabbath day, as was his custom. He stood up to read, and the scroll of the prophet Isaiah was given to him. He unrolled the scroll and found the place where it was written:

"The Spirit of the Lord is upon me, because he has anointed me to bring good news to the poor. He has sent me to proclaim release to the captives and recovery of sight to the blind, to let the oppressed go free, to proclaim the year of the Lord's favor."

And he rolled up the scroll, gave it back to the attendant, and sat down. The eyes of all in the synagogue were fixed on him. Then he began to say to them, "Today this scripture has been fulfilled in your hearing." All spoke well of him and were amazed at the gracious words that came from his mouth. They said, "Is not this Joseph's son?" He said to them, "Doubtless you will quote to me this proverb, 'Doctor, cure yourself!' And you will say, 'Do here also in your hometown the things that we have heard you did at Capernaum.'" And he said, "Truly I tell you, no prophet is accepted in the prophet's hometown. But the truth is, there were many widows in Israel in the time of Elijah, when the heaven was shut up three years and six months, and there was a severe famine over all the land; yet Elijah was sent to none of them except to a widow at Zarephath in Sidon. There were also many lepers in Israel in the time of the prophet Elisha, and none of them was cleansed except Naaman the Syrian." When they heard this, all in the synagogue were filled with rage. They got up, drove him out of the town, and led him to the brow of the hill on which their town was built, so that they might hurl him off the cliff. But he passed through the midst of them and went on his way.

Some questions to ponder:

- + One minute they spoke so well of Jesus. Then they were so full of rage they wanted to throw him off a cliff. What do you think offended them?
- + Where was Jesus teaching in this story and who to?
- + What might have been surprising or offensive about God showing favour to a widow in Zarapeth in Sidon, or Naaman the Syrian?
- + Is there any person you would find it difficult to come to terms with if God blessed them?
- + Why do you think Jesus just walked away? How easy would you find it to walk away if someone was provoking and picking a fight with you?
- + What do you think gave Jesus the strength to let it go?

STILLNESS - Listen to [Brother](#)

At this table we remember Jesus the peacemaker, who refused to make enemies, who embraced and celebrated humanity, who let his unique divinity shine through.

We remember Jesus the peace-maker who said no to making enemies but said yes to friendship, yes to forgiveness, yes to reconciliation, yes to fresh starts, yes to love.

We remember Jesus the peacemaker, who was not always greeted with peace, who was betrayed and rejected, abandoned and attacked, imprisoned and killed.

We remember Jesus, the peacemaker whose heart broke with sadness, but who did not let rage and trauma distract from the bigger promise of hope, nor let enemies provoke revenge.

We remember Jesus who, the night before he was killed, broke bread and drank wine with friends and invites us to do like-wise as we remember the example his peacemaking life offers.

BREAD + WINE - Focus your thoughts as you listen to [Prayers of The People](#). Be still and pray, breathing out your confessions and prayers, breathing in the Spirit of God. When you feel ready and if you want to, feel free to help yourself to some bread and wine.

After some reflection listen to [Breathe](#).

Blessing:

As we step away from this moment may we, like Jesus, be peacemakers who are:

*open and generous like the sea,
 respecting creation and its Creator,
 keeping an eye to God and an eye to the cultural horizon,
 providing calm amidst the storms of life,
 filling our sails with the breath of God,
 anchoring our hope in Jesus,
 praying that all will find their way safely home,
 inviting all to become fishers of women and men*

ALL TOGETHER: *Let us dive into faith, surf our cultures, fish for justice. Amen*