



Words for the Way

An online Lent Course for the Diocese of Aberdeen and Orkney

Difficult

Saturday 29 April



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John 6:60-69

On hearing it, many of his disciples said, “This is a hard teaching. Who can accept it?” Aware that his disciples were grumbling about this, Jesus said to them, “Does this offend you? Then what if you see the Son of Man ascend to where he was before! The Spirit gives life; the flesh counts for nothing. The words I have spoken to you—they are full of the Spirit and life. Yet there are some of you who do not believe.” For Jesus had known from the beginning which of them did not believe and who would betray him. He went on to say, “This is why I told you that no one can come to me unless the Father has enabled them.”

From this time many of his disciples turned back and no longer followed him.

“You do not want to leave too, do you?” Jesus asked the Twelve.

Simon Peter answered him, “Lord, to whom shall we go? You have the words of eternal life. We have come to believe and to know that you are the Holy One of God.”

God is love and we are God's children, there is no room for fear in love, we love because God loved us first is the introduction to Confession in the 1982 Scottish Liturgy. There are some teachings of Jesus that are easy to understand and others that are more difficult to comprehend (particularly those in parables). However, ease of understanding a teaching of Jesus does not necessarily mean that it is easy to learn this in our hearts, minds and actions. Loving our neighbour as ourselves seems simple enough until we have to put into action these words. It can be reassuring that those first disciples, those who could learn from Jesus directly, converse with our Lord and Saviour, found some of Jesus' teaching difficult. However, as Simon Peter points out Jesus has the words of eternal life and is the Holy One of God.

Today you're invited to reflect on the teachings of Jesus you find harder to put into practice, those which burden your soul because you know you don't always put words into action or follow what the Holy Spirit is calling you to. You're invited to spend some time in prayer asking for God's help to assist you in comprehending and carrying out these teachings of Jesus you find difficult in your heart, mind, soul and deed.

Let nothing disturb you, let nothing frighten you. All things are passing away: God never changes. Patience obtains all things. Whoever has God lacks nothing; God alone suffices.
St Teresa of Avila

O Blessed Jesus, give me stillness of soul in You. Let Your mighty calmness reign in me. Rule me, O King of Gentleness, King of Peace.
St John of the Cross

Your Peace (author unknown)

God, who is more than we can ever comprehend,
help us to seek you,
and you alone.

Help us to stand before all that we could do
and seek what you would do,
and do that.

Lift from us our need to achieve all that we can be
and instead,

surrender to what you can be in us.

Give us ways to refrain from the busyness
that will put us on edge and off centre,
give us today your peace

Amen.

