

Post-Dalej
Meditations
Week 2



Day 15



READ> PSALM 38:7

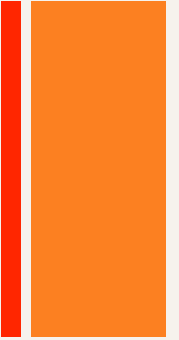
Fret not yourself; it tends only to evil.

REFLECT> When you're anxious about something, being told "don't worry about it" feels pretty unhelpful – it's like being told "get better" when you're sick! Worry often feels out of your control, but we need to fight it because nothing good comes from it. The rest of psalm 37 talks about trust and patience being expressed by rest. Taking time to rest not only recharges you for mission, but it's a concrete way of saying "God is in control!"

DO> Plan a day off, and put it in your diary. Maybe you want to do something fun with some friends you went to Dalej with, or someone you're hoping to introduce to the Lord – contact them to organise it today. Maybe you think a personal retreat day would be good – talk to a leader in your outreach about planning one out.



Day 16



READ> EPHESIANS 6:13

Having done all, stand.

REFLECT> The truth is that as a Christian you are spiritually under attack. Sometimes you will feel the energy to be actively fighting against the work of the evil one in your life, rooting out sin and serving zealously. Sometimes, all that is left to do is to call on the Holy Spirit to help you remain standing and not collapse! God knows what you are going through, and his grace is always enough to keep you upright and make you ready to fight again!

DO> Take your earphones out for 5 minutes, and pray!



Day 17



READ> 2 CORINTHIANS 5:20

Be reconciled to God.

REFLECT> Bring together – that’s what the root of the word ‘reconcile’ means. What gets in the way of you living every moment of the day ‘together with’ God – sin? Not enough prayer? Or just the distractions of life? What could you do to be more aware of how much God is with you in all things?

DO> In your prayer time, name any sin that you feel is separating you from experiencing God’s presence. Tell him you’re sorry for your sin. If you are from a tradition with sacramental confession, make a plan to receive that sacrament. If not, make a plan to be open about the sin with a brother or sister.



Day 18



READ> PHILIPPIANS 3:17

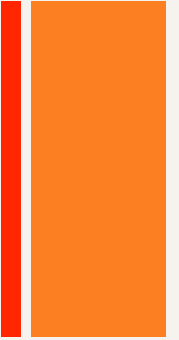
Keep your eyes on those who walk according to the example you have in us.

REFLECT> God's call is fresh and unique to every generation. As a missionary in the early 21st century, you will face different challenges and opportunities than disciples of the past. But virtues don't change. Older Christians, who have learned to live for God "for the long haul", are an amazing resource to us – we should constantly look to them for an example of faithfulness to the Lord and his work.

DO> Think of a Christian you know who has been running the race for many years. How can you imitate their best characteristics more? If you don't know any older Christians, ask a leader in your outreach to introduce you to one!



Day 19



READ> COLOSSIANS 4:2

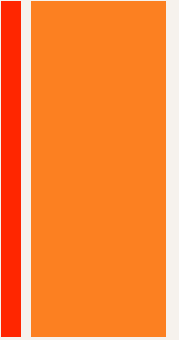
Continue steadfastly in prayer.

REFLECT> Mission work that is not rooted in prayer is doomed to fail. The Lord loves it when you bring before him the people you are evangelising. Your prayers release grace for conversion, and they shape your heart more closely to God's. How can you bring focus and persistence to your intercession?

DO> Pick 5 people you want to see come to faith, and resolve to pray for each of them every day this week. If you can't think of 5, pray each day that the Lord will bring more people into your life to share his goodness with.



Day 20



READ> 2 TIMOTHY 4:5

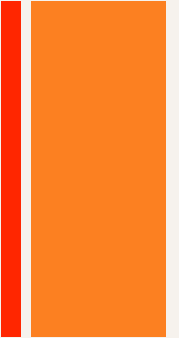
Do the work of an evangelist.

REFLECT> What do you think the 'work' of an evangelist is? On one hand Paul might have been exhorting Timothy to preach boldly, but the 'work' probably also involved turning up to planning meetings or being early to prayer meetings to help set up and greet people. What evangelistic work do you do? Would you like to do more?

DO> If you feel you don't have enough evangelistic 'work' on your hands, ask a leader in your outreach or community if there are more opportunities to serve. If you do a lot of this work, pray that you would be able to do it with more commitment and joy.



Day 21



READ> 1 TIMOTHY 4:12

Set the believers an example in speech, in conduct, in love, in faith, in purity.

REFLECT> Don't give jaded people the chance to be dismissive of your youthful zeal, Paul tells Timothy. But how is this achieved? The world's way; stirring arguments, complaining, or growing quietly re-sentful? Or by following the example of Jesus, who meekly served even the people who misunderstood him?

DO> Consider the faithful perseverance of older Christians you know. What are their virtues? Now take a moment to let today's challenge sink in: you are called to be an example to those people! Ask the Holy Spirit to release you, and a whole new generation of disciples, into a missionary holiness that surpasses even those who have gone before you.