

## LOCKDOWN REFLECTION DAY 35 – 30 APRIL 2020

Good day, dear family and friends of False Bay Diocese,

Reading: Luke 24:13-35 Hymn: *Thou, whose almighty word*

We have reached the end of April and the end of Phase 5 of lockdown. We ease into Phase 4. We shall overcome. Turn your eyes upon Jesus, keep your eyes upon Jesus. There is more light in the world than darkness, with Jesus in it. This Jesus **is** Lord of our lives.

We continue reflecting on the beautiful passage of Scripture, the Walk to Emmaus. The disciples poured out their hearts and Jesus **listens** deeply. We are invited to talk openheartedly with Jesus. Jesus urges us to turn our story over to him, to recall each piece of it, although you already **know** the disturbing memory. Invite Jesus to wash away your past bewilderment. Jesus propels the disciples outward. Jesus says to us, **go**, carry a state of **love**, a voice of **hope**, a word of **comfort** to other travellers, so that they too may see again.

One way Jesus responds to us is through the **Scriptures**. The **Scriptures** ignite a flame in our hearts. Read vs 24 to 27 of Luke 24. Jesus opens their eyes and explains what had happened to him. Everything in **Scripture** is about Christ. The Old Testament prepares the new people of God for the Messiah, Jesus. Everything refers us back to Jesus. Jesus speaks golden words, softening our sadness.

The disciples on the road to Emmaus whose hopes were dashed discover that all is not lost. This is comforting for us in these uncertain days and times of Covid 19. Jesus is **unlocking** a new future for us. My prayer is that we too will have an **encounter** with Jesus, as the Emmaus pilgrims did. Jesus walks with us into the future. The prevailing presence of Jesus rouses our sagging spirits.

When we pour out our hearts to Jesus, we connect with God's indwelling spirit in our **hearts**. We cannot always **grasp** it fully with our **minds**. 'Do you not know that you are God's temple and that God's Spirit dwells in you?' (1 Cor. 3:16)

At times in life, we leave Jerusalem. Jesus comes to us and listens to our story. Jesus does not say **go away**, even when we **lose our way**. Jesus **may** give us a 'spiritual slap' to confront our fake realities. He calls the disciples 'foolish' in vs 25 of Luke 24. The result is that it causes the faith of our heart to burn again.

As we have this extended lockdown retreat, it is important to stop and stay with Jesus; to pause and pray throughout the day. It is crucial to **recognise** that Jesus walks with us. The mystery of God's **goodness and grace** cannot be exhausted.

In your goodness, please **reach** out today to a member of Bernard Mizeki Guild. Also call or message someone in Breede Valley Archdeaconry. One of the hotspots outside the Cape Metro for the spread of the coronavirus is the Wizenberg District that includes the Breede Valley Archdeaconry.

**We pray** for all who have tested positive with the coronavirus. We thank God for healing and the recovery of many. We pray for parents, educators and learners as the Govt Ministers discern the best way forward. We continue to pray for Drs, Nurses and medical staff on the frontline. If you have a lectionary, pray the Collect for the Third Sunday of Easter.

I am, Because we are, Because God is ... Opening hearts to heal God's world.

Have a blessed day Beloved Child of God.