A Quiet Morning, Wednesday 10 June, 2021

*COME…*

Please note, all of the material for this quiet morning will be available on the Holy Trinity Brimscombe website: [**www.brimscombechurch.org.uk**](http://www.brimscombechurch.org.uk)

Welcome and Introduction

You will need… to find a comfortable place to sit and relax, where you can acknowledge but   
shut out any distractions around you.  
You might like to… grab a drink and snack, notepad and pen, and find a Bible of your choice and bookmark the following passages:

Passage 1 - Mark 6: 30-34

Passage 2 – John 4: 4-41

**Programme**

**Our morning will take the following shape:**

**9.30-9.45am Welcome! Introduction   
9.50am Enter the silence** *(mute microphones and turn off cameras)* **10.50am Return to share reflections over coffee   
11am Introduction to the second passage  
11.10am Enter the silence once more** *(mute microphones & turn off cameras)* **12.10pm Final gathering, thoughts and Collect   
12.30pm Finish.**

*(The leader explains:)*  
We will use our time with God, and with each other this morning as a type of Collect:  
 a prayerful act to collect ourselves. To pause on the journey that we are on, and to check: do we have what we need for the road ahead?

We may be tired and distracted. We may be in pain, weary or anxious. Alternatively   
we may think we have everything we need, but delight to hear our master’s voice and know that, just as every good gift comes from heaven above, our Father is good and generous and may simply want to bless us on our way.

We come acknowledging our need and our desire for Jesus, and we pray in confidence that he will meet us here, and prepare us for what lies next on our journey, through the power of his Holy Spirit. Amen.

A Call to Meditation by Anselm (1033-1109)

Come now, little man,  
turn aside for a while from  
your daily employment,  
escape for a moment from   
the tumult of your thoughts.  
Put aside your weighty cares,   
let your burdensome distractions wait,  
free yourself awhile for God  
and rest awhile in him.  
Enter the inner chamber of your soul, shut out everything except God  
and that which can help you in seeking him,  
and when you have shut the door, seek him.  
Now, my whole heart, say to God,  
‘I seek your face,  
Lord, it is your face I seek.’

Before we look at our first bible passage, let’s begin our worship with a song:

[Guide Me O Thou Great Redeemer - YouTube](https://www.youtube.com/watch?v=y3NmfmVGblw)

Guide me O Thou Great Redeemer  
Pilgrim through this barren land  
I am weak but Thou art mighty  
Hold me with thy powerful hand  
Bread of heaven  
Feed me now and evermore

Open now the crystal fountain  
Whence the healing streams do flow  
Let the fiery cloudy pillar  
Lead me all my journey though

Strong Deliverer  
Be Thou still my strength and shield

When I tread the verge of Jordan  
Bid my fears subside  
Death of death  
And hell's destruction  
Land me safe on Canaan's side  
Songs of praises  
I will ever give to thee

Bible passage: Mark 6 30-34

**30**The apostles gathered around Jesus, and told him all that they had done and taught. **31**He said to them, “Come away to a deserted place all by yourselves and rest a while.” For many were coming and going, and they had no leisure even to eat. **32**And they went away in the boat to a deserted place by themselves. **33**Now many saw them going and recognized them, and they hurried there on foot from all the towns and arrived ahead of them. **34**As he went ashore, he saw a great crowd; and he had compassion for them, because they were like sheep without a shepherd; and he began to teach them many things.

This is the word of the Lord: **Thanks be to God.**

A Few Thoughts…

While our spiritual needs are most important, our physical needs are important too. Without sufficient rest, food and water, we become out of balance, unable to function properly – distracted and less able to draw close to God when we may need to the most, even. In this passage Jesus recognises and attends to both the physical and the spiritual needs of his followers.

What are your needs today? Whatever they are, Jesus bids us: ‘come’.

For this bible passage I suggest you immerse yourself fully into the scene. Imagine yourself first to be among the apostles – what busyness is Jesus calling you away from today? What tires you?

Spend time bringing this before the Lord. What does Jesus say to you in response, does he speak to you in the boat perhaps, or through what you see on your journey, or in the deserted place?

And then spend time as one of the gathered crowd: What many things does Jesus begin to teach you?

If you find yourself overwhelmed by thoughts or your attention wandering, ask the Lord to show you a word or phrase that you are to attend to. What is He saying to you today? How does this passage speak into the time and place that you find yourself in now, and how does this lead you forward to reveal more of God’s will and purpose, for you?

*Re-read the bible passage then return to the thought above if you would like to. Spend this time in quiet meditative prayer.*

*We will now enter the silence…*

### *We will return to reflect together over coffee at 10.50am. Our next session will begin at 11am.*

### Sharing our reflections

### “I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink…” (Matt 23:35)

[O Come To The Altar | Official Lyric Video | Elevation Worship - YouTube](https://www.youtube.com/watch?v=OpfuKKH_SCE)

*(We say together:)*

**Come…   
not because you must but because you may,  
not because you are strong, but because you are weak.  
Come, not because any goodness of your own gives you a right to come,  
but because you need mercy and help.  
Come, because you love the Lord a little and would like to love him more.  
Come, because he loved you and gave himself for you.  
Come and meet the risen Christ, for we are his Body.**

(Gathering for Worship: Patterns and Prayers for the Community of Disciples)

**Behold Lord,   
An empty vessel that needs to be filled.  
My Lord, fill it.  
I am weak in faith;  
Strengthen me.  
I am cold in love;  
Warm me, and make me fervent,  
That my love may go out to my neighbour.  
I do not have a strong and firm faith;  
At times I doubt and am unable to trust you.  
O Lord, help me.  
Strengthen my faith,  
And my trust in you.**

**Amen.**

(Martin Luther)

### PASSAGE 2: Jesus and the Woman of Samaria

**John 4  4**But he had to go through Samaria. **5**So he came to a Samaritan city called Sychar, near the plot of ground that Jacob had given to his son Joseph. **6**Jacob’s well was there, and Jesus, tired out by his journey, was sitting by the well. It was about noon.

**7**A Samaritan woman came to draw water, and Jesus said to her, “Give me a drink.” **8**(His disciples had gone to the city to buy food.) **9**The Samaritan woman said to him, “How is it that you, a Jew, ask a drink of me, a woman of Samaria?” (Jews do not share things in common with Samaritans.) **10**Jesus answered her, “If you knew the gift of God, and who it is that is saying to you, ‘Give me a drink,’ you would have asked him, and he would have given you living water.” **11**The woman said to him, “Sir, you have no bucket, and the well is deep. Where do you get that living water? **12**Are you greater than our ancestor Jacob, who gave us the well, and with his sons and his flocks drank from it?” **13**Jesus said to her, “Everyone who drinks of this water will be thirsty again, **14**but those who drink of the water that I will give them will never be thirsty. The water that I will give will become in them a spring of water gushing up to eternal life.” **15**The woman said to him, “Sir, give me this water, so that I may never be thirsty or have to keep coming here to draw water.”

**16**Jesus said to her, “Go, call your husband, and come back.” **17**The woman answered him, “I have no husband.” Jesus said to her, “You are right in saying, ‘I have no husband’; **18**for you have had five husbands, and the one you have now is not your husband. What you have said is true!” **19**The woman said to him, “Sir, I see that you are a prophet. **20**Our ancestors worshiped on this mountain, but you[[c](https://www.biblegateway.com/passage/?search=John%204&version=NRSV#fen-NRSV-26167c)] say that the place where people must worship is in Jerusalem.” **21**Jesus said to her, “Woman, believe me, the hour is coming when you will worship the Father neither on this mountain nor in Jerusalem. **22**You worship what you do not know; we worship what we know, for salvation is from the Jews. **23**But the hour is coming, and is now here, when the true worshipers will worship the Father in spirit and truth, for the Father seeks such as these to worship him. **24**God is spirit, and those who worship him must worship in spirit and truth.” **25**The woman said to him, “I know that Messiah is coming” (who is called Christ). “When he comes, he will proclaim all things to us.” **26**Jesus said to her, “I am he,[[d](https://www.biblegateway.com/passage/?search=John%204&version=NRSV#fen-NRSV-26173d)] the one who is speaking to you.”

**27**Just then his disciples came. They were astonished that he was speaking with a woman, but no one said, “What do you want?” or, “Why are you speaking with her?” **28**Then the woman left her water jar and went back to the city. She said to the people, **29**“Come and see a man who told me everything I have ever done! He cannot be the Messiah, can he?” **30**They left the city and were on their way to him.

**31**Meanwhile the disciples were urging him, “Rabbi, eat something.” **32**But he said to them, “I have food to eat that you do not know about.” **33**So the disciples said to one another, “Surely no one has brought him something to eat?” **34**Jesus said to them, “My food is to do the will of him who sent me and to complete his work. **35**Do you not say, ‘Four months more, then comes the harvest’? But I tell you, look around you, and see how the fields are ripe for harvesting. **36**The reaper is already receiving[[f](https://www.biblegateway.com/passage/?search=John%204&version=NRSV#fen-NRSV-26183f)] wages and is gathering fruit for eternal life, so that sower and reaper may rejoice together. **37**For here the saying holds true, ‘One sows and another reaps.’ **38**I sent you to reap that for which you did not labour. Others have laboured, and you have entered into their labour.”

**39**Many Samaritans from that city believed in him because of the woman’s testimony, “He told me everything I have ever done.” **40**So when the Samaritans came to him, they asked him to stay with them; and he stayed there two days. **41**And many more believed because of his word. **42**They said to the woman, “It is no longer because of what you said that we believe, for we have heard for ourselves, and we know that this is truly the Saviour of the world.”

*Before you re-read this passage, pour yourself a glass of water and spend some time looking at it. Then re-read the passage.*

*Allow yourself to settle in God’s presence and for His word to speak to you. Return to the passage if you find your mind wandering too far off, and ask the Lord to show you a word or phrase that you are to attend to.*

*What is He saying to you today? How does this passage speak into the time and place that you find yourself in now, and how does this lead you forward to reveal more of God’s will and purpose, for you?*

*When you are coming to the end of your quiet time, thank God for all that he has shown you, for the water that he is and provides, and drink.*

We will now enter our second time of silence. Please switch off your camera and microphone until we return at 12.10pm.

*(Silence for reflection)*

We share our reflections together…

*We say together the Grace:*

**May the grace of our Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit, be with us all, ever more, Amen.**

Go in peace to love and serve the Lord  
**In the name of Christ**

**Amen.**

“He has showed you, O man, what is good.   
And what does the Lord require of you?   
To act justly and to love mercy   
and to walk humbly with your God.” (Micah 6:8.)

*If you would like prayer ministry for anything that has come up today, please do email or give Peter Francis a call, or message one of us privately in the chat now.*

Thank you

Dancing on the waves  
[Dancing On The Waves (Live) - We The Kingdom - YouTube](https://www.youtube.com/watch?v=8UUZXgKo7ic)