

Questions to consider alone or via social media

Read 1 Samuel 16: 1 - 13

1. In all honesty, are you sometimes too concerned with someone's appearance and not their character? How can we train ourselves to look on the heart and not the appearance?
2. What made David an unlikely choice for new king?
3. What made him God's choice?

Read John 9: 1 - 7

1. The disciples ask their question in verse 2. It's a question of apportioning blame! Give examples of when we as a society play the blame game in an unhelpful manner?
2. How does Jesus demolish the disciples' question? Does his answer help us when someone asks questions like, why has my cousin got cancer?
3. How could Jesus' question inspire us to action in our current crisis?
4. What are you going to do in response to today's message?

Personal Meditation exercise

Set aside at least 45 minutes. Switch off your phone.

Centre yourself on the presence of God.

Take a relaxed but alert pose.

Settle your breathing into a simple, natural rhythm.

Tense and relax the different parts of your body.

Say a prayer, dedicating your time to God.

Read the whole of John chapter 9 slowly and prayerfully.

Take up the role of one of the characters in the story - or that of an unnamed bystander.

Consider what you can see, hear, taste, smell or touch.

Replay the scene in your imagination twice over.

Imagine Jesus now addresses you and asks, what do you want me to do for you?

Have a conversation with Jesus about that.

Thank Jesus for the time you have spent, for what you have learnt and for what Jesus has said to you.

Later, write or draw in response to your meditation.