

THE ART OF EXAMEN

DEEPER GUIDE

When Jesus had entered Capernaum, a centurion came to him, asking for help. "Lord," he said, "my servant lies at home paralyzed, suffering terribly." Jesus said to him, "Shall I come and heal him?" Matthew 8:5-7

Hospitality has been a place of learning for the 24-7 Prayer movement over our short history. We have found something beautiful takes place as we gather together at a table knowing that Jesus is present. Jesus enjoyed hospitality too, indeed he got a reputation for spending a lot of time eating and hanging out. When he met Zaccheus he invited himself for tea. When Mary anointed his feet with oil he was out to dinner. He even gave us a meal by which to remember him by.

"Hospitality is a sign that a community is alive, that it is not afraid, that it has something valuable to share." - Ray Simpson

One of the great Celtic monasteries was founded on a hill outside the city of Derry in Ireland. Beginning quite small, the monastery began to grow and at its height fed 1000 people a day. This was a model of Celtic hospitality - to receive guests, give them welcome and feed them - right at the heart of a worshipping and serving community. One particular Celtic saint known for her hospitality was Brigid who was celebrated for her generosity to the poor. One story recounts an occasion where she gave away her mother's entire store of butter to a woman begging for food.



"Hospitality shows freedom from fear and individualism to a hungry world"
- Hannah McVeigh

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EXAMEN PRAYER

As mentioned in the film we'd like to encourage you to pray the Examen prayer each day this week. Check out the 24-7 Prayer website for information about how to do this. Particularly this week, use this structure to help you pray:

INVITE THE HOLY SPIRIT
GRATEFULLY REVIEW YOUR DAY
WHEN DID YOU CONNECT WITH JESUS?
PRAY ABOUT ONE THING THAT STANDS OUT
LOOK TO TOMORROW

DAILY READINGS

MONDAY

Matthew 25:38

The Psalmist shows us that we have a hospitable God (Psalm 23) but one of the most striking passages about hospitality is in Matthew 25 when we see Jesus showing hospitable was a way of welcoming him. Saint Benedict practiced this faithfully, welcoming strangers as though the visitor was Christ himself. Vast monasteries founded on the kindness to the simplest stranger.

TUESDAY

Romans 12:13

Paul urged his readers to 'practice hospitality.' We might see hospitality as someone to do when we have a dinner party or a night out. However, Paul talks about it like a spiritual discipline and in Jewish culture there was great honour in providing hospitality. How might you practice hospitality in your home, your community or your church?

WEDNESDAY

Luke 4:18-19

The New Testament makes a few mentions of the hospitality of widows in Christian communities. The reality is that just like the first disciples, early evangelists relied on people supporting mission through hospitality. Widows often provided this help. People who had endured loss, still able to give of themselves. Ponder this today. Whose hospitality do you rely on. Try and say thank you today.

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THURSDAY

Acts 2:42-47

The earliest churches practiced hospitality, including the first church straight after Jesus death and resurrection. Its amazing to see how the Church was held in high regard in the community. Why was this? Notice too that the Church's actions to help the poor and pattern of worship also seemed to be built around community and hospitality.

What can we learn from this?

EASTER WEEKEND

Luke 23:26-43

Reflect on the amazing events that we remember of these days

There will be podcasts
from 24-7 to mark Easter weekend



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DEEPER GUIDE EXTRA TIME: *Take some action*

This week practice welcome.

Try saying yes when you'd normally say no. Try sharing what you have.
Try giving and receiving generosity.

What affect does it have on you and those around you to do this?