

Welcome to



A Space to Be

What's in a Name?

Find a quiet place to meditate, to pray & be.
Maybe looking out to the garden or sitting in your favourite chair.

As you come to prayer now, pause and be still; breathe slowly
and become aware of God's presence with you right now.

You might like to light a candle.

*Loving Father, I still my soul now and remember that
You are here with me, You are here in me, You are
here for me.*

Lord Jesus, I worship You.

Holy Spirit, I welcome You.

I am who I am



Exodus 3:13-20

¹³ Moses said to God, “Suppose I go to the Israelites and say to them, ‘The God of your fathers has sent me to you,’ and they ask me, ‘What is his name?’ Then what shall I tell them?”

*¹⁴ God said to Moses, “**I AM WHO I AM.** This is what you are to say to the Israelites: ‘**I AM** has sent me to you.’”*

*¹⁵ God also said to Moses, “Say to the Israelites, ‘The **LORD**, the God of your fathers—the God of Abraham, the God of Isaac and the God of Jacob—has sent me to you.’*

*“This is my name forever,
the name you shall call me
from generation to generation.*

*¹⁶ “Go, assemble the elders of Israel and say to them, ‘The **LORD**, the God of your fathers—the God of Abraham, Isaac and Jacob—appeared to me and said: I have watched over you and have seen what has been done to you in Egypt. ¹⁷ And I have promised to bring you up out of your misery in Egypt into the land of the Canaanites, Hittites, Amorites, Perizzites, Hivites and Jebusites—a land flowing with milk and honey.’*

*¹⁸ “The elders of Israel will listen to you. Then you and the elders are to go to the king of Egypt and say to him, ‘The **LORD**, the God of the Hebrews, has met with us. Let us take a three-day journey into the*

wilderness to offer sacrifices to the LORD our God.’¹⁹ But I know that the king of Egypt will not let you go unless a mighty hand compels him.²⁰ So I will stretch out my hand and strike the Egyptians with all the wonders that I will perform among them. After that, he will let you go.

God tells Moses to tell the people of Israel that His Name is I AM WHO I AM.

A mysterious answer! This points us towards the fact that God is a wonderful mystery; even if we spend our lives meditating and praying we will still not know terribly much about God.

Do you sometimes find it difficult to relate to such a mysterious God?

One of the dangers we face is putting our own construct; our own image on God. We are not content to accept the mystery, and replace it with an image of our own making. Have you ever done this?

How honestly do we try and comprehend God as God is?

By revealing His name God was showing Moses that He desires a relationship with His people. The term ‘I am’ can be translated as ‘I will be what I will be’. God *is* from the beginning of time and will always be. - He has no end. He is all powerful. He didn’t explain himself; He simply stated the facts.

We may sometimes feel He is distant from us or we may feel He is asking us to do something that is too difficult. Whatever we are facing , we can cling on to the fact that He is always with us.

Lord I thank you for the reassurance that You are and always will be. Help me remember that, whatever I face today. Amen.

Read the passage again, pay attention for the promise God makes. The promise of a land flowing with milk and honey.

Spend some time reflecting on that land; on Paradise.

You might want to try and ask for the grace to see God more clearly in your own life.

Glory be to the Father and to the Son and to the Holy Spirit. As it was in the beginning, is now and ever shall be, world without end. Amen.

Mary - The mother of Jesus.

On our Patronal weekend let us think of Mary.

Mary's song

Having been visited by the Angel Gabriel and told that God highly favours her, the Holy Spirit has come upon this young woman. Now the long-promised Messiah, God's Son, is coming into the world, miraculously growing in the womb of an unmarried teenager. A spontaneous hymn of praise bursts out of the heart of Mary, the mother of Jesus.

*And Mary said:
"My soul glorifies the Lord*

*and my spirit rejoices in God my
Saviour,
for he has been mindful
of the humble state of his servant.
From now on all generations will call me
blessed,*

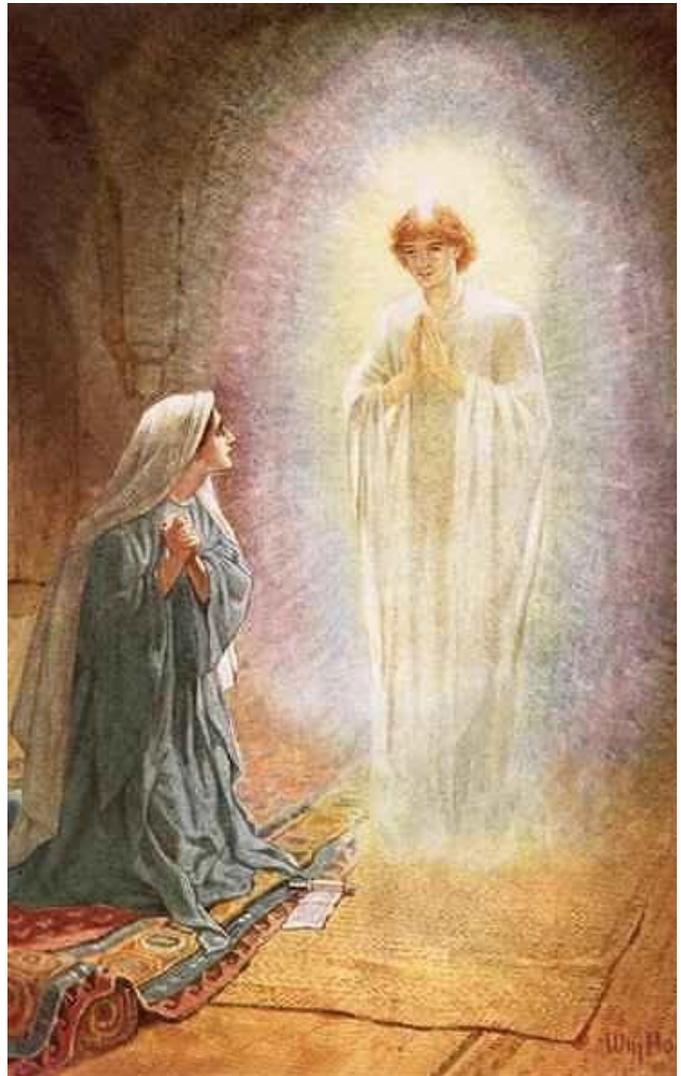
*for the Mighty One has done great
things for me—
holy is his name.*

*His mercy extends to those who fear
him,
from generation to generation."*

Luke 1:46-50

Mary expresses immense joy that she is being trusted to carry and raise God's Son!

'Mary is not simply a receptacle of the divine, housing him as it were. She supplies his humanity from her own body. Her blood forms him, her food nourishes him, her breasts feed him... Jesus is made *of* her, not just *in* her.'(Lucy Peppiatt)



While Mary's experience is utterly unique, we too share something of that privilege. God's Son dwells within you, by the Holy Spirit, and trusts you to use the elements of your life - your body, your gifts, your relationships and your unique point of view, - to carry His presence into the world.

What an honour that God trusts us like this.

Father, my spirit rejoices in the staggering truth that You trust me to carry the presence of Your Son into the world.

I invite Your Holy Spirit to fill me afresh. Wake me up to the awesome reality that Jesus Christ resides within me by Your Spirit. Take every part of my life and use it to glorify Your Son. Amen

Mary rejoices because she knows how highly God thinks of her.

God, I name before You now those I know who don't know Jesus or the love He has for them.

I also name before You those who do know You but - for whatever reason - struggle to both accept and receive Your love the way Mary did.

Mary's life plans have just been turned upside down. As an unwed mother, she faced a potential scandal of enormous proportions. Yet she believes that God is doing great things for her. Praise is exploding out of her because she is assured of her importance to God.

What is your reaction when your ambitions are thwarted? When your carefully curated plans come undone? Are you more likely to express disappointment and panic than praise.

Mary's song challenges us to remember that our importance to God is not measured by how successful your life appears to others or yourself.

God, I yield to Your plans for my life, to Your disruptions to my ambitions. Teach me to let go of my ideas of how my life should look and instead trust in Your profound love for me. Amen

Hold onto the promise in Psalm 62.

You are my rock and salvation; with you I shall not be shaken. (Psalm 62:2)

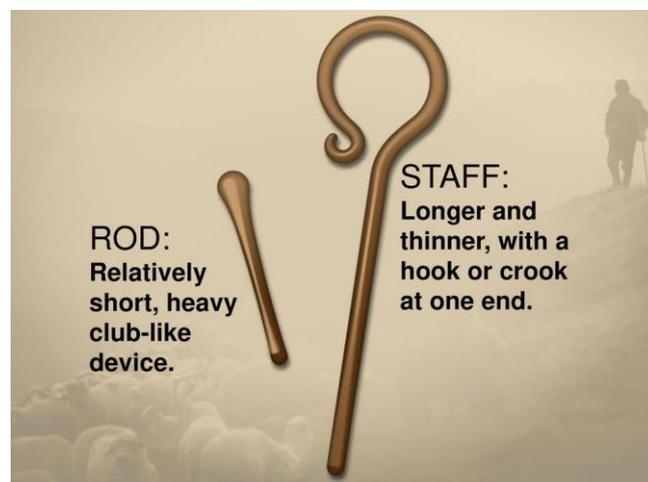
Yahweh Rohi -The Lord is my Shepherd

A psalm of David.

Psalm 23

- ¹ The LORD is my shepherd, I lack nothing.
² He makes me lie down in green pastures,
he leads me beside quiet waters,
³ he refreshes my soul.
He guides me along the right paths
for his name's sake.
⁴ Even though I walk
through the darkest valley,
I will fear no evil,
for you are with me;
your rod and your staff,
they comfort me.
⁵ You prepare a table before me
in the presence of my enemies.
You anoint my head with oil;
my cup overflows.
⁶ Surely your goodness and love will follow me
all the days of my life,
and I will dwell in the house of the LORD forever.*

In this well-known Psalm, there is much about the imagery that we can miss. Our view of shepherds (rarely seen today) and of sheep grazing in lush green fields is far removed from the biblical reality. In those days, it was a humble, lonely dirty, difficult job. Looking after sheep meant finding them pasture – a difficult task in the desert. It meant protecting them through the use of a rod to fight off enemies and a staff to round up the sheep.





It meant leading them to safe places, which often necessitated climbing treacherous paths.

The metaphor of a shepherd was also used to indicate a good king or leader. David, was a shepherd before he became king, and during that time God was preparing him for his future role.

To hear God spoken of as a shepherd reveals many aspects of His character. He is willing to get His hands dirty. He is also really tender in his care. He is one who will lay down His life for his sheep

Even in moments of utter darkness, God is with us, bringing comfort, direction and protection. Sharing a meal is a sign of intimacy, and the images of being anointed with oil and our cup overflowing speak of God's abundant protection and provision, which He loves to share with us.

Take some time to reflect that God does not stand far off but is involved in every aspect of your life, comforting, protecting and guiding you.

Spend time calling to mind God's provision for you both today and in the past.

Praise Him and thank Him.

Yahweh Yireh - My Provider

Yahweh Yireh translates as
'the Lord will provide'

Genesis 22 1-18

22 Some time later God tested Abraham. He said to him, "Abraham!"

"Here I am," he replied.

2 Then God said, "Take your son, your only son, whom you love—Isaac—and go to the region of Moriah. Sacrifice him there as a burnt offering on a mountain I will show you."

3 Early the next morning Abraham got up and loaded his donkey. He took with him two of his servants and his son Isaac. When he had cut enough wood for the burnt offering, he set out for the place God had told him about. 4 On the third day Abraham looked up and saw the place in the distance. 5 He said to his servants, "Stay here with the donkey while I and the boy go over there. We will worship and then we will come back to you."

6 Abraham took the wood for the burnt offering and placed it on his son Isaac, and he himself carried the fire and the knife. As the two of them went on together, 7 Isaac spoke up and said to his father Abraham, "Father?"

"Yes, my son?" Abraham replied.

"The fire and wood are here," Isaac said, "but where is the lamb for the burnt offering?"

8 Abraham answered, "God himself will provide the lamb for the burnt offering, my son." And the two of them went on together.

9 When they reached the place God had told him about, Abraham built an altar there and arranged the wood on it. He bound his son Isaac and laid him on the altar, on top of the wood. 10 Then he reached out his hand and took the knife to slay his son. 11 But the angel of the LORD called out to him from heaven, "Abraham! Abraham!"



“Here I am,” he replied.

¹² “Do not lay a hand on the boy,” he said. “Do not do anything to him. Now I know that you fear God, because you have not withheld from me your son, your only son.”

¹³ Abraham looked up and there in a thicket he saw a ram caught by its horns. He went over and took the ram and sacrificed it as a burnt offering instead of his son. ¹⁴ So Abraham called that place The LORD Will Provide. And to this day it is said, “On the mountain of the LORD it will be provided.”

¹⁵ The angel of the LORD called to Abraham from heaven a second time ¹⁶ and said, “I swear by myself, declares the LORD, that because you have done this and have not withheld your son, your only son, ¹⁷ I will surely bless you and make your descendants as numerous as the stars in the sky and as the sand on the seashore. Your descendants will take possession of the cities of their enemies, ¹⁸ and through your offspring all nations on earth will be blessed, because you have obeyed me.”

God sees what we need and provides. Sometimes He does wait until the last minute though, doesn't He? He may do that to make us fully dependent on Him...

Out in the wilderness with His son, who had already asked him where the lamb for sacrifice was, Abraham might have had a wobble. But he knew God would be faithful, loving and a provider. A ram appeared at the right moment - how like God! It must have been there ready and waiting, but God left it to the last minute to reveal it. This sacrifice points to His ultimate provision of Jesus, our sacrificial lamb.

Sometimes God asks us to give over to Him the things closest to us. It can be a painful journey, yet once we do as He asks He faithfully gives back to us. Perhaps it is that God wants to know where our priorities lie. In this consumer driven society, we can easily get our needs and wants mixed up.

But we have a God who knows exactly what we need and promises to provide for us if we put Him first. He will always be enough.

God, even though this story of sacrifice is difficult and I know that you call me to make sacrifices for You, I trust that You will provide for all my needs today. Amen.

Jesus - the one who saves

Ecclesiasticus 51:11-12

I will praise your name continually, and will sing hymns of thanksgiving.' My prayer was heard, for you saved me from destruction and rescued me in time of trouble. For this reason I thank you and praise you, and I bless the name of the Lord.

Jesus's name in Aramaic means 'saviour'; 'the one who saves'.

What does the name Jesus mean to you?

How do you react when you hear it?

In the Orthodox Church there is an ancient tradition of meditating on the name of Jesus. Try repeating it now slowly and silently to yourself a few times. Jesus ... Jesus....

What does this name contain or express for you?

Where does it lead you? Notice if you feel you want to add some words of your own or if it leads you into silence.

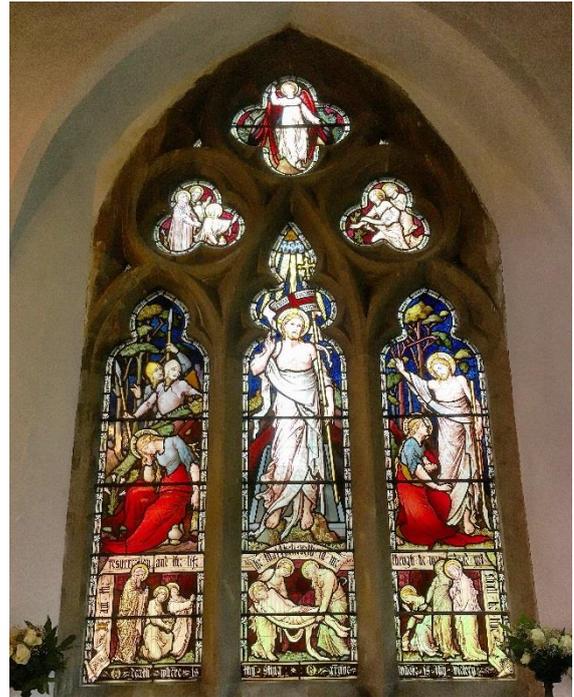
Is there is a place in your life where you feel Jesus has saved or rescued you?

Where in the world do you or we need a saviour at the moment?

Take some time now to talk or be with the 'one who saves', who is with you, who has called you by your name.

How do you want to respond?

Glory be to the Father, and to the Son and to the Holy Spirit. As it was in the beginning, is now and ever shall be, world without end. Amen.



Known and named

Psalm 139 1-6, 13-16

- ¹ *You have searched me, LORD,
and you know me.*
- ² *You know when I sit and when I rise;
you perceive my thoughts from afar.*
- ³ *You discern my going out and my lying down;
you are familiar with all my ways.*
- ⁴ *Before a word is on my tongue
you, LORD, know it completely.*
- ⁵ *You hem me in behind and before,
and you lay your hand upon me.*
- ⁶ *Such knowledge is too wonderful for me,
too lofty for me to attain.*
- ¹³ *For you created my inmost being;
you knit me together in my mother's womb.*
- ¹⁴ *I praise you because I am fearfully and wonderfully made;
your works are wonderful,
I know that full well.*
- ¹⁵ *My frame was not hidden from you
when I was made in the secret place,
when I was woven together in the depths of the earth.*
- ¹⁶ *Your eyes saw my unformed body;
all the days ordained for me were written in your book
before one of them came to be.*

What is in a name? Meditation by Claire Musters

Do I even like my name?

Do I believe that my name, even though my parents chose it, may have a purpose given by You, God?

Does my name reflect my identity?

What about the negative aspects of my name – and my past as a whole?

Am I able to remind myself that I am a new creation in You, Lord - that you have given me a new identity; one that is full of purpose and surrounded by Your love?

2 Corinthians 5: 17

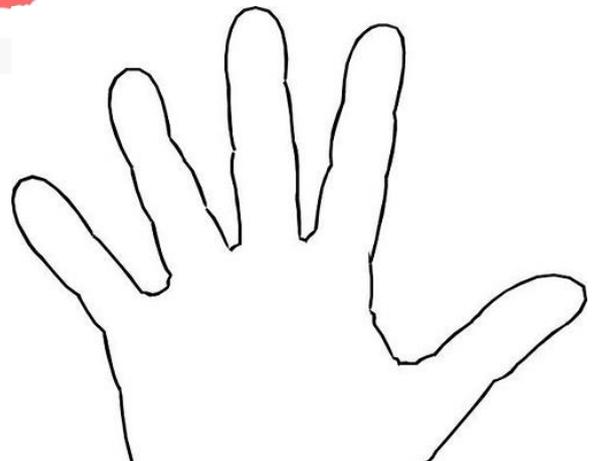
17 Therefore, if anyone is in Christ, the new creation has come:^[a] The old has gone, the new is here!

Remember that no matter how you feel about your name that God had plans for you even before you were born. He not only created you but knew what you would feel passionate about.

You are precious to Him and loved by Him



Take a hand to the table and colour it in or take it home with you.



Write your name on the hand on the back and take it with you.