



Jesus Christ open hands Painting  
Bernardo Ramonfaur

Mexico  
Painting, Acrylic on Canvas

© Jeffrey C. Garner



# RE-PRE-SENT

*John is a masterpiece on the use of the mystical and literary device called "Representative Figures." Everyone re-presents something or someone. Jesus represents the unseeable Father. The Beloved Disciple re-presents the Resurrected Jesus. Nicodemus reps those with hidden faith and Judas reps those with recanted faith.*



## John 1:14-18

**Lectio Divina.** Let's listen into the origin and nature of Jesus' sentness so that we might understand our own sentness.

**Lectio (Imagine):** Read the Scripture (3x's). On the third reading highlight the word or phrase that sticks out to you.

**Oratio (Feel):** After your reading session, pray and express your feelings to God about the word or phrase that stuck out to you. This could include your desires, confessions, questions, gratitudes, or resistance.

**Meditatio (Think):** Do you have any questions for God? What questions do you have of yourself? I intentionally ask myself tough questions from what I read in order to uncover the truth of my heart. Did you experience any insight, knowledge, wisdom, vision, or sense of action to take? Write all of this down.

**Contemplatio (Be Still):** Sit quietly for 5 minutes. Just being in God's presence. Don't try to think, feel, or will anything simply let yourself be in God's Presence. These words have brought you into the very presence of God.

This week I want to guide you into some of the Merkabah mystical background behind the writing of the Gospel of John by focusing in on the Merkabah mystical motif of 'sending' that fills almost every page of John's Gospel. Merkabah was a Jewish mysticism that existed at the time of the writing of John. These Jews meditated and contemplated and prayed Isaiah 6, Ezekiel 1, and Daniel 7 as they sought a mystical encounter with God in his throne one that they would return from and proclaim a message to their people. John shows these mystics how Jesus was the Sent One who has come to us with a message from God and with a mission of sending us out into the world.



## John 1:35-39

**Lectio Divina.** Let's join these disciples in abiding and dwelling with Jesus for the day.

**Lectio (Imagine):** Read the Scripture (3x's). On the third reading highlight the word or phrase that sticks out to you.

**Oratio (Feel):** After your reading session, pray and express your feelings to God about the word or phrase that stuck out to you. This could include your desires, confessions, questions or gratitudes, resistance, or supplications.

**Meditatio (Think):** Do you have any questions for God? What questions do you have of yourself? I intentionally ask myself tough questions from what I read in order to uncover the truth of my heart. Did you experience any insight, knowledge, wisdom, vision, or sense of action to take? Write all of this down

**Contemplatio (Be Still):** Sit quietly for 5 minutes. Just being in God's presence. Don't try to think, feel, or will anything simply let yourself be in God's Presence. These words have brought you into the very presence of God.

The prerequisites to being sent is being present with Christ. Abiding, dwelling, getting close to the 'heart of God' just like Jesus was in the heart of the Father and therefore he can represent the Father, we are summoned to be in the heart of Jesus. Prayer, Lectio Divina, and meditation are the practical ways in which we are in the heart of Christ. All we need to do is be. That is, all we need to do to ready ourselves for the mission is to be present and abide in Christ's presence. The pathway to witnessing as John shares it is as follows:

### Listen + See + Believe = Witness

Listening and observing ALWAYS precede legitimate faith and once one has developed the skill to listen and to see in the Presence of God one is equipped to do this activity in the world. For example, most of our sentness is to just listen to others in a holy and compassionate way, to see others in a holy and compassionate way. And when we listen and see others we bring trust and we are witnesses of the suffering and struggle our global family are going through.



### John 1:40-42

**Lectio Divina.** Notice who Jesus is sent to first. Before the woman-at-the-well, before Nicodemus, or Lazarus he is sent to call other sent one's. And what does Jesus do with Peter?

**Lectio (Imagine):** Read the Scripture (3x's). On the third reading highlight the word or phrase that sticks out to you.

**Oratio (Feel):** After your reading session, pray and express your feelings to God about the word or phrase that stuck out to you. This could include your desires, confessions, questions or gratitudes, resistance or supplications.

**Meditatio (Think):** Do you have any questions for God? What questions do you have of yourself? I intentionally ask myself tough questions from what I read in order to uncover the truth of my heart. Did you experience any insight, knowledge, wisdom, vision, or sense of action to take? Write all of this down

**Contemplatio (Be Still):** Sit quietly for 5 minutes. Just being in God's presence. Don't try to think, feel, or will anything simply let yourself be in God's Presence. These words have brought you into the very presence of God.



Make a short-list of those you think are called to follow, called to be disciples, those who with a little training, time would be leaders in the Kingdom.



### John 1:43-50

**Lectio Divina.** Notice how Jesus gives witness to Nathanael. And notice how he directs Nathanael's vision to the heavenly vision.

**Lectio (Imagine):** Read the Scripture (3x's). On the third reading highlight the word or phrase that sticks out to you.

**Oratio (Feel):** After your reading session, pray and express your feelings to God about the word or phrase that stuck out to you. This could include your desires, confessions, questions or gratitudes, resistance or supplications.

**Meditatio (Think):** Do you have any questions for God? What questions do you have of yourself? I intentionally ask myself tough questions from what I read in order to uncover the truth of my heart. Did you experience any insight, knowledge, wisdom, vision, or sense of action to take? Write all of this down

**Contemplatio (Be Still):** Sit quietly for 5 minutes. Just being in God's presence. Don't try to think, feel, or will anything simply let yourself be in God's Presence. These words have brought you into the very presence of God.



The Merkabah mystics sought to ascend into heaven and receive a heaven vision of the angels as did Isaiah, Daniel, and Ezekiel. Jacob was the first to receive this vision of the stairway to heaven. Jesus is promising his followers that they will have the vision and be witnesses of this reality and when they do they will notice that the angels are accessing earth and heaven through Jesus Christ.



**John 1:40-42**

**Lectio Divina.** Notice who Jesus is sent to first. Before the woman-at-the-well, before Nicodemus, or Lazarus he is sent to call other sent one's. And what does Jesus do with Peter?

**Lectio (Imagine):** Read the Scripture (3x's). On the third reading highlight the word or phrase that sticks out to you.

**Oratio (Feel):** After your reading session, pray and express your feelings to God about the word or phrase that stuck out to you. This could include your desires, confessions, questions or gratitudes, resistance or supplications.

**Meditatio (Think):** Do you have any questions for God? What questions do you have of yourself? I intentionally ask myself tough questions from what I read in order to uncover the truth of my heart. Did you experience any insight, knowledge, wisdom, vision, or sense of action to take? Write all of this down

**Contemplatio (Be Still):** Sit quietly for 5 minutes. Just being in God's presence. Don't try to think, feel, or will anything simply let yourself be in God's Presence. These words have brought you into the very presence of God.



Make a short-list of those you think are called to follow, called to be disciples, those who with a little training, time would be leaders in the Kingdom.



**John 1:43-50**

**Lectio Divina.** Notice how Jesus gives witness to Nathanael. And notice how he directs Nathanael's vision to the heavenly vision.

**Lectio (Imagine):** Read the Scripture (3x's). On the third reading highlight the word or phrase that sticks out to you.

**Oratio (Feel):** After your reading session, pray and express your feelings to God about the word or phrase that stuck out to you. This could include your desires, confessions, questions or gratitudes, resistance or supplications.

**Meditatio (Think):** Do you have any questions for God? What questions do you have of yourself? I intentionally ask myself tough questions from what I read in order to uncover the truth of my heart. Did you experience any insight, knowledge, wisdom, vision, or sense of action to take? Write all of this down

**Contemplatio (Be Still):** Sit quietly for 5 minutes. Just being in God's presence. Don't try to think, feel, or will anything simply let yourself be in God's Presence. These words have brought you into the very presence of God.



The Merkabah mystics sought to ascend into heaven and receive a heaven vision of the angels as did Isaiah, Daniel, and Ezekiel. Jacob was the first to receive this vision of the stairway to heaven. Jesus is promising his followers that they will have the vision and be witnesses of this reality and when they do they will notice that the angels are accessing earth and heaven through Jesus Christ.



## John 15:18-27

**Lectio Divina.** This is an abiding exercise. As you read these words reflect on the call to abide in God's love while in the midst of the world's hate.

**Lectio (Imagine):** Read the Scripture (3x's). On the third reading highlight the word or phrase that sticks out to you.

**Oratio (Feel):** After your reading session, pray and express your feelings to God about the word or phrase that stuck out to you. This could include your desires, confessions, questions or gratitudes, resistance, or supplications.

**Meditatio (Think):** Do you have any questions for God? What questions do you have of yourself? I intentionally ask myself tough questions from what I read in order to uncover the truth of my heart. Did you experience any insight, knowledge, wisdom, vision, or sense of action to take? Write all of this down

**Contemplatio (Be Still):** Sit quietly for 5 minutes. Just being in God's presence. Don't try to think, feel, or will anything simply let yourself be in God's Presence. These words have brought you into the very presence of God.



## 15 Easy Minutes Mission-izing your Day

- Breathe.** Begin each morning (really important you do this first) *5-minutes in* silent reflection, as you breath reflect on Christ being in the particles and presence of your breath. (This is not to be confused with him being your breath, but rather in it). This can be done simply by breathing in and out the name of Jesus, using the first syllable of 'Je' with the inhale and the second syllable 'sus' with the exhale. As you do this reflect on Jesus breathing over the disciples (John 20:19-23). Reflect on your authority to forgive, to be sent, to love. When your mind is distracted simply return with the name of Jesus staying present with Christ. who is in you.
- Listen.** For the next 5-minutes have a pen and paper ready. Write out the mission that this breathing exercise formed in your heart. Who to love? How to love? What to do that would promote forgiveness? What one task, in the Spirit of loving God and loving neighbors is coming to mind? Write it down. Be open to the love and life of Jesus inside of your life. God wants to incarnate the life of Jesus through you.
- Write.** Calendar it. Put it in your schedule.
- Do.** Go about your day, joyfully obey, knowing that it is Christ in you doing the work.
- Reflect.** In the evening reflect for *5-minutes* on the activity of the Holy Spirit in your day. What happened? Where was God in your day? Where did you miss God or meet God? Text with your '2X2' partner or a friend or spiritual director or mentor and compare notes.

He Came From the Mountain  
Bruce Cockburn

(click the link above for video)

He came from the mountain  
To walk among the wounded  
They couldn't see him  
But the snow did melt whenever he  
passed by

He came behind winter  
His face was like the sun  
They wouldn't see it  
But he sang on the bank and made  
the waters run

In his world we wait  
In his hands our fate  
Keep on climbing  
We shall see his gate  
In good time

He came to the lowlands  
He said we must have faces  
So we could see like him  
Before our wings would ever come  
to fly

In his world we wait  
In his hands our fate  
Keep on climbing  
We shall see his gate  
In good time

Im not in a Hurry  
United Pursuit

(click the link above for video)

Lord i don't want to rush on ahead  
in my own strength  
when you're right here  
I'm not in a hurry  
when it comes to your spirit  
when it comes to your presence  
when it comes to your voice  
i'm learning to listen  
just to rest in your nearness  
i'm starting to notice  
you are speaking  
Lord i want to love like you  
i want to feel what you feel  
i want to see what you see  
open my eyes i want to see you  
more clearly  
open my ears i want to hear you  
speak  
tell me your thoughts whats on  
your mind  
i'll be your friend, i want to see  
through your eyes



# OPPORTUNITIES

## To Love and Beloved

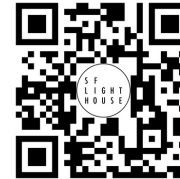
October 9, 2022  
CALENDAR



October 12,19,26 (Wednesdays 6:30pm Lectio Divina Nights)

October 21-22 Storyformed Way & The Story of God

October 23 B'fast Sandwich Sunday



### HELP NEEDED

see the handout for areas where you can serve.



### COMMUNAL PRAYER REQUEST

God send laborers into the harvest field.



### COMMUNAL PRAISE BOARD

See prayer cards on the table to submit a personal prayer or praise.



### September Month-to-Date



Budget	Tithe & Offerings	Outstanding
\$17,930.23*	\$4,465.00	\$-13,465.23

**Vision.** Our vision for the next 18 months (12/23) is to have each operation financially self-sustaining.

**Building:** for the building to be self-sustained (mortgage, utilities) thru residential and event rentals.

**Church:** for the offerings/tithes to fund our social impact missions of anti-human trafficking in Nepal, homelessness in SF, recovery to those in need, and monthly neighborhood events as well as operational costs.

**Pastoral:** for Jeff's content creation (e-course sales, coaching) to pay his salary and other future salaries.

\*the increase in our budget this month is due to building renovation costs (12 windows, plumbing, lighting, cleaning) and a medical mission's exploration work in Nepal. The usual utilities, operations, insurance, communications, and missions have not changed.