

Living as disciples.

We take a little time now to take a fresh look at the core values Jesus sees in a disciple today. We invite you to gently close your eyes and listen to this meditation.

Speaking to the people Jesus said....

I was hungry and you gave me something to eat.

Have you ever been hungry? Did someone help you? Who was it and what did they do? Oftentimes we think of hunger in terms of food. There are other types of hunger, a hunger for recognition, for acceptance, for friendship, for belonging. Help me, be there for me. In our daily lives may we try to live in the way Jesus lived.

I was thirsty and you gave me something to drink.

When were you thirsty? Was it for a drink of water? What was it like when someone helped? There are other kinds of thirst. Maybe we had a thirst for someone to listen to us, to hear our story. A thirst for a kind word, a kind action, even a smile.

I was a stranger and you invited me in.

What was it like when you first started a new situation? Did you feel like a stranger? Who helped you? What did they do? They talked to you, they took time with you. They invited you to be part of their group, they made you feel welcome. Is there someone that might feel left out in your circle? Are you willing to invite them to sit beside you, to talk to them at break time? Lord help me to see the strangers around me give me the strength to be open to them. In our daily life may we try to live in the way Jesus lived.

I needed clothes and you clothed me.

Clothes keep us warm, they protect us, we wrap them round us and we feel secure. There are times when I don't feel this way. When people call me names or are unkind in what they do. When this happens, I feel exposed, I stand out. Will you clothe me with your friendship, with your concern. In our

daily life may we try to live in the way Jesus lived.

I was sick and you looked after me.

Have you ever been sick and had to stay in bed or even go to the hospital? How did it make you feel? Lonely or bored or sad? Who around you in circle, family or friends or neighbours may be unwell? Can we make time for this person? Fear can make us sick. Do I help other to overcome their fears, or do I add to them? I need to look out for others especially those who seem left out. In our daily life may we try to live in the way Jesus lived.

I was in prison and you came to visit me.

What imprisons me? I may be shy, I might find it difficult to make friends. I keep to myself. It's not that I don't like you but I am locked in. Will you help me? Can you say hello to me even if I don't reply the first time? You might not see them but there are invisible bars around me that means its hard for me to reach out to you. Would you be able to reach out to me?

In our daily life may we try to live in the way Jesus lived.

Written by Denis Bradley.