

# Meditation 1

Mark 1: 1

## **"The beginning of the good news of Jesus Christ, the Son of God."**

**"The beginning"** – Are you ready to begin something new? Maybe you're tired. Maybe you're a little cynical, sceptical or questioning? Maybe you don't fully trust the source? Maybe you don't want to make yourself vulnerable by hoping for something that will ultimately disappoint. Maybe... Or, maybe there can be something new you have not imagined, experienced, felt or known before...

Even as you may be somewhat familiar with what may come in terms of vignettes of the life, teaching and actions of Jesus, why not listen, reflect, meditate and pray your way through this story one more time seeing what may happen for you... in you...

Are you ready to begin?

**"The Good News"** – What would good news look like for you at this time of your life?... Would it be about health, finances, family relationships, friendship, intimacy, appreciation, love?... Would it be that someone you care about is doing much better, that there is hope you weren't sure would be possible?... Would good news be that the trouble in our world is a little less in certain places, that some kind of peace has been achieved, and that meaningful support has been found?

Or maybe good news is that you are or have hope to be in a better place within yourself no matter what has happened or may happen on the outside... Good news... it's always welcome, no?

**"Jesus Christ, the Son of God"** – We need a little context in order for these words to begin to open up for us... "Jesus" is a name, but it means something: one who saves. "Christ" also means something in that world. It is the Greek equivalent to "Messiah", also meaning saviour. To "save" is to heal and make whole. We know the world needs a lot of healing to be made whole. What about you?

In what ways may you welcome healing toward ever greater wholeness?... Dig deep if you will. What would greater wholeness look like for you?... Is greater wholeness about you, the circumstances in your life or the people around you?

**"The Son of God"** – Caesar, the world ruler in Jesus' day, was called Son of God. But this Jesus is also to be called Son of God. Caesar is all about power, wealth, security by control with

force as necessary. What will it take to be safe and whole, fulfilled, on top of the world and at the top of life? Will this Jesus as saviour follow a similar path? Will the good news he has to offer be more health, wealth, success, peace, power, influence and friends who will always be there for you because they have to be... Or will his path seek a way to good news through engaging something behind what all the power, control, security, wealth and all that promise to give us – engaging a core vulnerability at the heart of our humanity that fills us with a fear that no external securities can ultimately cover over? Hmm...

Jesus Christ, the Son of God has good news to offer you and me. Are you interested in discovering such good news for yourself in a new way? Are you ready to begin?

**PRAYER:** Come to us, O Holy Spirit. Come to us wherever we are on our life journey. Come to us as we begin again to walk with Jesus wherever it may lead.

Meet us in our fear – the fear we know and the fear that lies behind what we know and meets us in moments and through the night when we are unguarded...

Take us by the hand... Give us some assurance, some hope and some trust so that we open our heart anew as we begin again...

In Jesus' name... Amen.