



# Rhythms of Restoration

PRACTICING GRIEF ON THE PATH OF GRACE

A FIELD GUIDE OF MINI-RETREATS  
FOR THE HURTING AND THOSE WHO HELP THEM

LAURA BABER BEACH

## BREAKFAST WITH JESUS

For many, our response to disappointment and grief is to get right back to work. Sometimes hard physical labor is a helpful release for the torrential energy that stress builds. But, frequently, diving into work after a loss leaves us empty. Work might not be as fulfilling as we had hoped. We try to go through the motions but the sadness just gets pushed deeper inside of us.

This is where we find the disciples after Jesus' crucifixion. In John 21, they have gone back to work and the effort has not resulted in what they had hoped for. Jesus appears to them, and He invites them to breakfast. What a curious thing to do!

Are you disappointed by anything today? Come hungry!

### SETTLE: CEASE AND RELEASE

The more busy life becomes, the more challenging it is to become still. If help is needed to enter into the quiet, turn to the Settle guide found on page 107.

### LISTEN: REST IN THE WORD

Try not to rush. Read this passage aloud.

After these things Jesus showed himself again to the disciples by the Sea of Tiberias; and he showed himself in this way. Gathered there together were Simon Peter, Thomas called the Twin, Nathanael of Cana in Galilee, the sons of Zebedee, and two others of his disciples. Simon Peter said to them, "I am going fishing." They said to him, "We will go with you." They went out and got into the boat, but that night they caught nothing.

Just after daybreak, Jesus stood on the beach; but the disciples did not know that it was Jesus. Jesus said to them, "Children, you have no fish, have you?" They answered him, "No." He said to them, "Cast the net to the right side of the boat, and you will find some." So they cast it, and now they were not able to haul it in because there were so many fish. That disciple whom Jesus loved said to Peter, "It is the Lord!" When Simon Peter heard that it was the Lord, he put on some clothes, for he was naked, and jumped into the sea. But the other disciples came in the boat, dragging the net full of fish, for they were not far from the land, only about a hundred yards off.

## RHYTHMS OF RESTORATION

When they had gone ashore, they saw a charcoal fire there, with fish on it, and bread. Jesus said to them, "Bring some of the fish that you have just caught." So Simon Peter went aboard and hauled the net ashore, full of large fish, a hundred fifty-three of them; and though there were so many, the net was not torn. Jesus said to them, "Come and have breakfast." Now none of the disciples dared to ask him, "Who are you?" because they knew it was the Lord. Jesus came and took the bread and gave it to them, and did the same with the fish. This was now the third time that Jesus appeared to the disciples after he was raised from the dead. (John: 21:1-14 NRSV)

### REFLECT: FEAST ON THE WORD

Spend some time reflecting on this passage. Let these words feed you at the places where you are most hungry. What is God revealing to you for your journey today? How would you finish this thought?

*God, You are revealing to me . . .*

### PRAY

*Holy Spirit, lead my thoughts. Guide me into a place of imagination with You. Help me picture the scene. Help me enter into this story as one of the disciples.*

Read the passage aloud again. Picture this: It's early morning, you've been up all night working hard, and Jesus has just arrived and done for you in thirty seconds what you could not do for yourself in twelve hours. The fire is crackling, breakfast is ready, and Jesus, from whose passion you recently fled, has sought you out to take care of you.

Can you hear Jesus call you "children"? Listen for a moment for the voice that calls you "child."

*Spirit, when I picture this scene, I am seeing . . .*

RESTORATION

*I have been working so hard to . . .*

*Where should I lay down my net? When I stop to listen,  
You are showing me . . .*

*What is the bounty You want to give me?*

Imagine the warm breakfast spread out before you. Jesus is welcoming you to the table. Never mind that you are a defector. Never mind your unbelief, cowardice, and betrayal. Never mind your senseless striving. You are welcome at the table with Jesus. Can you hear Jesus welcome the whole of you to the table?

*Jesus, You are welcoming me with . . .*

*I accept Your invitation of . . .*

*Amen.*

Linger at the table. And when it is time to go, breathe in and breathe prayers of gratitude.