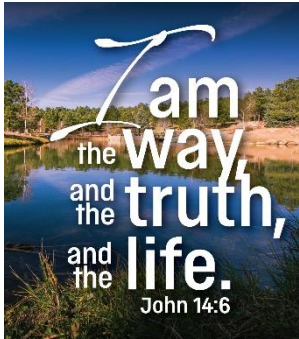


In worship this week we will explore another "I Am" statement from Jesus - "I Am the Way, the Truth, and the Life". In this passage, Jesus is having a family meeting, offering a word of comfort and challenge for those who are already following him. This is word for the Church, and that means it is a word for you!



Questions for Reflection:



- Jesus proclaims that he is the way. Do you think Jesus had in mind an exclusive way? Why or why not? Why might we want there to be another way to God for ourselves?
- Matt Rawle reminds us that the way of Jesus is the way of the cross. How does this change your understanding of Jesus's statement, "I am the way, the truth, and the life."?
- How does Jesus's resurrection, scars and all, confirm that the way of the cross really is the way of life?
- Matt Rawle contends that the way of suffering and the way of love are ultimately one and the same. Do you agree with this? Why or why not?
- How does love reveal God to us? Conversely, how does the absence of love prevent us from seeing God clearly?

- Jesus tells Philip that "whoever has seen me as seen the Father" (John 14:9). How does Jesus reveal God to us? What is the role of love in this revelation?
- Understanding the I Am statements has been an exercise in seeing Jesus more clearly. In what ways have the I Am statements drawn us ever deeper into the life of love?
- What do you feel God calling you to do in order to follow the way, the truth, and the life more closely?

Prayer: Lord Jesus, we confess that we often want an easier way – a way that doesn't challenge us, that doesn't ask much of us, that comforts us without requiring our commitment. So often we want to see the Father without following you and without loving our neighbors. Forgive us. Grant us the strength and clarity of vision we need and grant us the love we need to follow you in the way that leads to truth and life, the way of the cross, the way of love. Amen.

Adapted from Jesus Revealed Leader Guide, pgs 49-55

Spiritual Practice: Prayer Labyrinth



The labyrinth is a spiritual tool found in all religious traditions that can help us pray and connect with God. The labyrinth is a tool for centering that represents a journey, an intentional time to seek and focus on God.

Labyrinths have an entrance, a single path and a center. Labyrinths can be large for walking, or small designed for your fingers to walk. Labyrinths are found both indoors and outdoors. Unlike a maze, there are no dead ends or false paths. Simply follow the path to the center.

- Spend time with Jesus as you walk the labyrinth with your finger. Walk the labyrinth as you would walk with a friend. Reflect on your relationship with Jesus.
- In John 14:6 Jesus says, "I am the way, the truth, and the life." What does that mean to you? Pray John 14:6 as trace your labyrinth with your fingers and wonder about Jesus as Way.
- Trace the labyrinth with your finger, or use a pencil or paper clip, as you listen to the scripture, music, prayers and the sermon in this week's worship service.
- Relax and pray as you journey back and forth to the center and then out again.
- Trace the labyrinth without words, or sing it, pray, or repeat a few lines of scripture.
- You can even color the labyrinth or make your own by drawing on a piece of paper or from clay or materials found in nature in your backyard.

Try praying using some of the words from Psalm 139 as you walk the labyrinth with your fingers. As you begin 'walking' the labyrinth, moving inward, carry your thoughts and concerns to God and pray, *God, you search me and*

you know me. When you get to the center of the labyrinth, this is a time to pause, reflect and wonder. Spend some quiet time with God and pray, *God, everywhere I look, you are there.* Your reassuring presence is too wonderful for me. As you make your way back out of the labyrinth, think about how you feel about the time you spent with God in the labyrinth. Carry those wonderings with you as you move out into the world and pray, *Lord, I praise you for your remind me that I am marvelously made. Your works are wonderful! Thank you!*

There is no right or wrong way to experience the labyrinth. Use whatever means might help you to open yourself to God's presence. As you 'walk' the labyrinth be aware of your spiritual focus and how you are drawn to God. Journey with an open heart and mind!

Pray John 14:6 as trace your labyrinth with your fingers and wonder about Jesus as the Way.

As you listen to the scriptures and music, trace the labyrinth with your fingers. Thank Jesus for showing you the way. John 14:1-7



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