

Weekly Reflection: 6th Week in Easter - Backs Against the Wall

Take a minutes from your busy day to pause and reflect on the word. This guided reflection was compiled and written by Joan Bowers and read by the Rev. Kelly Sundberg Seaman. For more information on the Digital Mission beside to "Like" our Facebook Page: facebook.com/digitalmissionNH

Reflection (Scripture): John 15: 9 - 11

Our reading today is from the 15th Chapter of John...

"As the Father has loved me, so have I loved you; abide in my love. If you keep my commandments, you will abide in my love, just as I have kept my Father's commandments and abide in his love. These things I have spoken to you, that my joy may be in you, and that your joy may be full."

Reflection (Abide, a poem By Jake Adam York):

A passage from Howard Thurman, *Jesus and the Disinherited*

"What, then, is the word of religion of Jesus to those who stand with their backs against the wall? . . . They must recognize fear, deception, hatred, each for what it is. Once having done this, they must learn how to destroy these or to render themselves immune to their domination. . . The disinherited will know for themselves that there is a Spirit at work in life and in the hearts of [all people] which is committed to overcoming the world. . . For the privileged and underprivileged alike, if the individual puts at the disposal of the Spirit the needful dedication and discipline, [that person] can live effectively in the chaos of the present the high destiny of a [child] of God."

Questions for further reflection:

- Think back to a time when you felt you had your back against the wall. What enabled you to recover a feeling of joy?
- What spiritual practices help you to remain immune to the forces of fear, deception, and hatred in the world?
- How can you put yourself at the disposal of the Spirit and become more meaningfully present to the disinherited and the underprivileged?
- Pray that you may continue to abide in God's love and that your joy may be full.

Prayer:

“O God, you have prepared for those who love you such good things as surpass our understanding: Pour into our hearts such love towards you, that we, loving you in all things and above all things, may obtain your promises, which exceed all that we can desire; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever.” Amen.

Credits:

Reflection: Joan Bowers

Prayer (audio): The Rev. Kelly Sundberg Seaman

Production: The Rev. Colin Chapman

Music: Recalling by Blear Moon

From: The Free Music Archives (<http://freemusicarchive.org>)

License: CC Attribution 3.0 International License (<https://creativecommons.org/licenses/by/3.0/>)

Video: [Pexels.org](https://www.pexels.com/) (Creative Commons)