

## Exploring Peregrini

### **LISTEN**

Focus on God.

Quietly express your love for Him.

Focus on yourself.

**Commit to God all that has happened during the day.**

**Offer him your thanks and praise for the good things; confess the mistakes you have made and receive his forgiveness.**

**As you breath out, imagine letting go of any negative emotions or memories.**

**As you breathe in, imagine letting in the gentle breeze of God's Spirit: all that is honourable, just, pure, pleasing and good.**

Breathe out.

Breathe in.

Be still.

### **REFLECT**

Mark 1 (the Message)

9-11 At this time, Jesus came from Nazareth in Galilee and was baptized by John in the Jordan. The moment he came out of the water, he saw the sky split open and God's Spirit, looking like a dove, come down on him. Along with the Spirit, a voice: "You are my Son, chosen and marked by my love, pride of my life."

12-13 At once, this same Spirit pushed Jesus out into the wild. For forty wilderness days and nights he was tested by Satan. Wild animals were his companions, and angels took care of him.

### **PRAY**

Loving God,  
you have called me to live by faith,

in obedience to your will,  
so that I might have life in all its fullness.  
Help me to love you with all my heart,  
to mature as a disciple of Christ,  
and to grow in the gifts and fruits of your Spirit.  
O Lord God, destroy and root out  
whatever the adversary plants in me,  
that with my sins destroyed  
you may sow understanding and good work  
in my mouth and heart;  
so that in act and in truth  
I may serve only you and know how to fulfil  
the commandments of Christ  
and to seek yourself.                   **Columbanus (c.550-615)**

*Prayers for others*

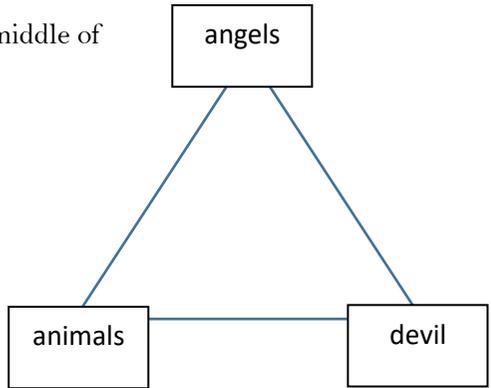
God be in my head  
and in my understanding;  
God be in my eyes  
and in my looking;  
God be in my mouth  
and in my speaking;  
God be in my heart  
and in my thinking;  
God be at my end  
and at my departing.   **The Book of Hours (16th century)**

**CONCLUDE**

God of grace and glory give us the mind, the heart, and the strength to live for you. Walk with us and work through us that we may be faithful in prayer, grow in holiness and draw many to you. As we walk in the power of the Spirit transform us into the likeness of Christ, to the glory of your name.  
Amen.

Jesus – loved by God went to the desert

Where he found himself I the middle of



Echoes Adam and Eve’s story where God met with them in the evening. They were more than ordinary animals, tempted and turned away from God.

They followed animal desires (forbidden fruit looked good to eat) and tempted (to turn away from God’s instructions and seek to make it big the easy way)

Their attention turned the wrong way towards ‘animal’ desires and the temptation of ‘make it quick’ schemes.

Jesus chose to turn his attention towards God.

Like a flower orientates towards the sun, where does you soul (the core of your humanity) orientate.

Jesus shows the way his soul is orientated.

Gets right what Adam and Eve got wrong.

Shows the pattern for our humanity.

- We have free will so how will we orientate our soul.

Peregrini offers a pattern of prayer and rhythm of life

- As a response to the God who loves us

### Prayer

- God is the God who meets us
- We focus on him (solitude and silence/struggle)
- Reflect on scripture
- Pray God's will be done
- Ministry resourced by meeting God

### Rhythm of life

1. By God's grace, I will seek to be transformed into the likeness of Christ.
2. By God's grace, I will be open to the presence, guidance and power of the Holy Spirit.
3. By God's grace, I will set aside time for prayer, worship and spiritual reading.
4. By God's grace, I will endeavour to be a gracious presence in the world, serving others and working for justice in human relationships and social structures.
5. By God's grace, I will sensitively share my faith with others: participating in God's mission both locally and globally.

Seeks to find ways build a learning community to find support in this journey/pilgrimage; just like the Peregrini who were the Celtic wandering monks who re-evangelised this country.