

Where's Your Chair?

Mark 5 1-20



He brought me out of the roaring pit, out of the mire and clay;
he set my feet upon a rock and made my footing sure.
Psalm 40:2

Praising:

Not for ever in green pastures
do we ask our way to be;
but the steep and rugged
pathway
may we tread rejoicingly.

Reading:

Mark 5:1-20

A man with an unclean spirit

The idea of the poor man bruising himself with stones strikes a powerful modern chord. Here is someone entirely out of control, a danger to himself as well as to others. But we often hear today of people wanting to hurt themselves out of a deep sense of self-loathing. Others persuade themselves it is actually a way of escaping pain. Christ not only frees the man from a life of self-destruction, he shows him so

much love in doing so that he has to pass it on to others. As 'unclean' animals it was considered fitting for the unclean spirits to enter the swine. It is not enough that the man should witness in the area where he is known. He takes his experience and story as far as Decapolis, a federation of about ten cities in eastern Palestine.

Listening:

Praying:

Lord we pray for those who hate themselves

- who feel unloved or worthless, whether they've been rejected, neglected or abused
- in tenderness and friendship draw close to them and show us ways to care
- speak your words of freedom and acceptance into their loneliness and darkness

Father, bring me back to that place where I first knew that Christ died for me, where I first experienced forgiveness and love where I first realised I was in your eternal keeping. Amen

Doing:

Monday, 2 November 2015