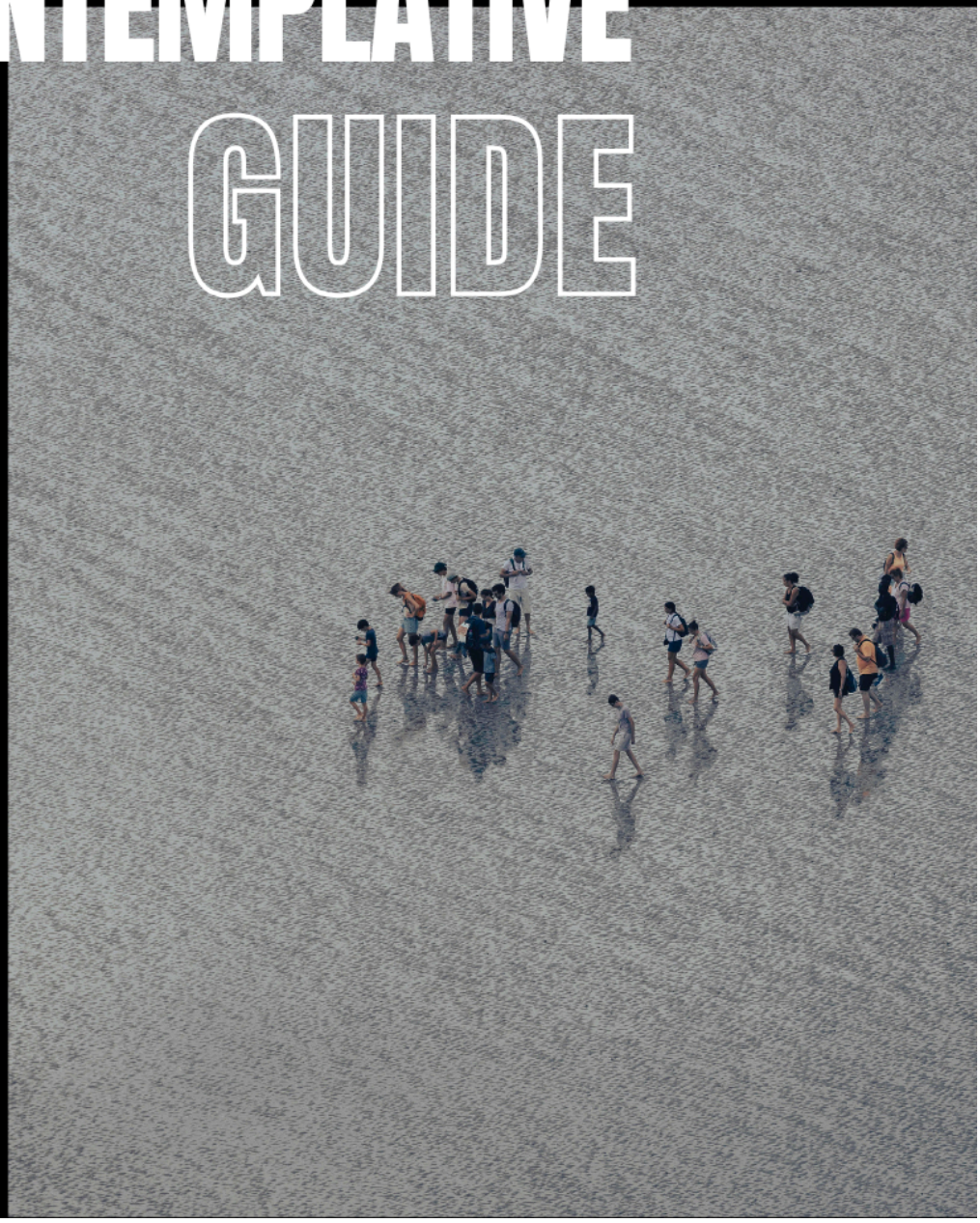
CONTEMPLATIVE GUIDE



SEPTEMBER — THE KING AND HIS KINGDOM

This month we continue our journey through the parables of Jesus — stories that reveal the character of the King and the culture of his Kingdom.

As you journey through each story, resist the urge to solve it, explain it or find the "right" answer. Instead, slow down. Pay attention. Allow the story to reveal the King, and allow the King to reveal something within you.

WEEK 1 — The Rich Man and Lazarus

Learning to See What the King Sees

Luke 16:19–31

Movement I — Rest & Attend

Take a moment to breathe deeply and slowly.

Become aware of God's presence with you.

Pray:

King Jesus, open my eyes to see what you see.

Movement II — Listen

Read Luke 16:19–31 slowly.

As you read, resist the urge to solve or dissect. Simply listen for what draws your attention.

- The rich man.
- Lazarus.
- The gate.
- What is seen and what is unseen.
- The reversal.
- The conversation between Abraham and the rich man.

- Moses and the Prophets.

Movement III — Notice

Read again slowly.

Notice what the story reveals about the world of the King.

- Who is noticed? Who is overlooked?
- What seems important to the rich man?
- What changes?
- What remains unchanged?
- What do you notice about the distance between the rich man and Lazarus?
- What does this story cause you to see differently?

Movement IV — Be Read

Read slowly once more.

Allow yourself to be present in the story.

- Where do you find yourself in the story?
- Who do you notice? Who might you be tempted not to notice?
- What stirs within you as you encounter Lazarus at the gate?
- What might the King be inviting you to see?

Sit quietly with what has surfaced.

Movement V — Respond & Walk On

What might become visible if you learned to see through the eyes of the King?

Who might God be inviting you to notice this week?

Pray:

King Jesus, give me eyes to see what you see, and a heart that responds to what you see.

WEEK 2 — The Sheep and the Goats

Recognising the King Among Us

Matthew 25:31–46

Movement I — Rest & Attend

Take a moment to breathe deeply and slowly.

Become aware of God's presence with you.

Pray:

King Jesus, help me recognise you among us.

Movement II — Listen

Read Matthew 25:31–46 slowly.

As you read, resist the urge to solve or dissect. Simply listen for what draws your attention.

- The King.
- The people gathered before him.
- The least of these.
- The things that were done.
- The things that were left undone.
- Their surprise.
- "You did it to me."

Movement III — Notice

Read again slowly.

Notice the relationship between the King and those who are before him.

- What does the King notice?
- What seems to matter to him?
- What do the people recognise — and what do they fail to recognise?
- What do you notice about the connection between loving the King and loving others?
- What does this reveal about the culture of the Kingdom?

Movement IV — Be Read

Read slowly once more.

Allow yourself to be present in the story.

- Where do you find yourself?
- What do the words of the King stir within you?
- Who are the people you find easy to see? Who might you overlook?
- What happens within you when you hear, “You did it to me”?

Stay with whatever rises within you.

Movement V — Respond & Walk On

If this is what the King is like, what might the people of the King become like?

Where might you be invited to notice Christ among those you encounter this week?

Pray:

King Jesus, form your heart in me. May your mercy, love and compassion become increasingly recognisable in the way I live.

WEEK 3 — Seeing the Kingdom Through the Son

The message of the Kingdom is embodied in its King

Luke 24:13–35

Movement I — Rest & Attend

Take a moment to breathe deeply and slowly.

Become aware of God’s presence with you.

Pray:

Jesus, open my eyes to see you rightly.

Movement II — Listen

Read Luke 24:13–35 slowly.

As you read, resist the urge to solve or dissect. Simply listen for what draws your attention.

- The journey.
- The conversation.
- Their hopes and disappointments.
- The Scriptures.
- The stranger who walks with them.
- Their burning hearts.
- The breaking of bread.
- Their eyes being opened.
- Their return to Jerusalem.

Movement III — Notice

Read again slowly.

Notice what happens as the disciples encounter Jesus.

- What did they know?
- W
- hat did they fail to see?
- What changes as Jesus walks with them?
- What happens to their understanding?
- What happens to their hearts?
- What happens when their eyes are opened?

Movement IV — Be Read

Read slowly once more.

Allow yourself to be present with the disciples.

- Where do you find yourself in their journey?
- What hopes or disappointments do you carry?
- Where might you have been looking at Jesus, Scripture or the Kingdom without seeing clearly?
- What is stirred within you as you imagine Jesus walking beside you?
- What might you be longing for Jesus to open your eyes to see?

Rest for a moment in his presence.

Movement V — Respond & Walk On

Take some time to remember the journey of these past months.

What have you seen differently?

Where have your eyes been opened?

What has changed — or begun to change — in the way you see the King and his Kingdom?

Pray:

Jesus, keep opening my eyes to see you rightly. As I behold you, reshape me into someone who embodies your Kingdom.