

CONTEMPLATIVE GUIDE



Jesus, our Rabbi, we come to walk with You.
As we sit with Your parables of the Kingdom,
slow us down, open our eyes, and let our
hearts burn within us. Meet us in the
listening, shape us as we go, and teach us to
receive Your reign with confident hope.

HOW TO USE THE GUIDE



CONTEMPLATIVE GUIDE

MAY

WK 1



Movement I

REST + ATTEND

Settle yourself. Let comparison
and striving fall away.

Pray quietly: 🙏

**Generous King, teach me
Your ways.**



Movement II

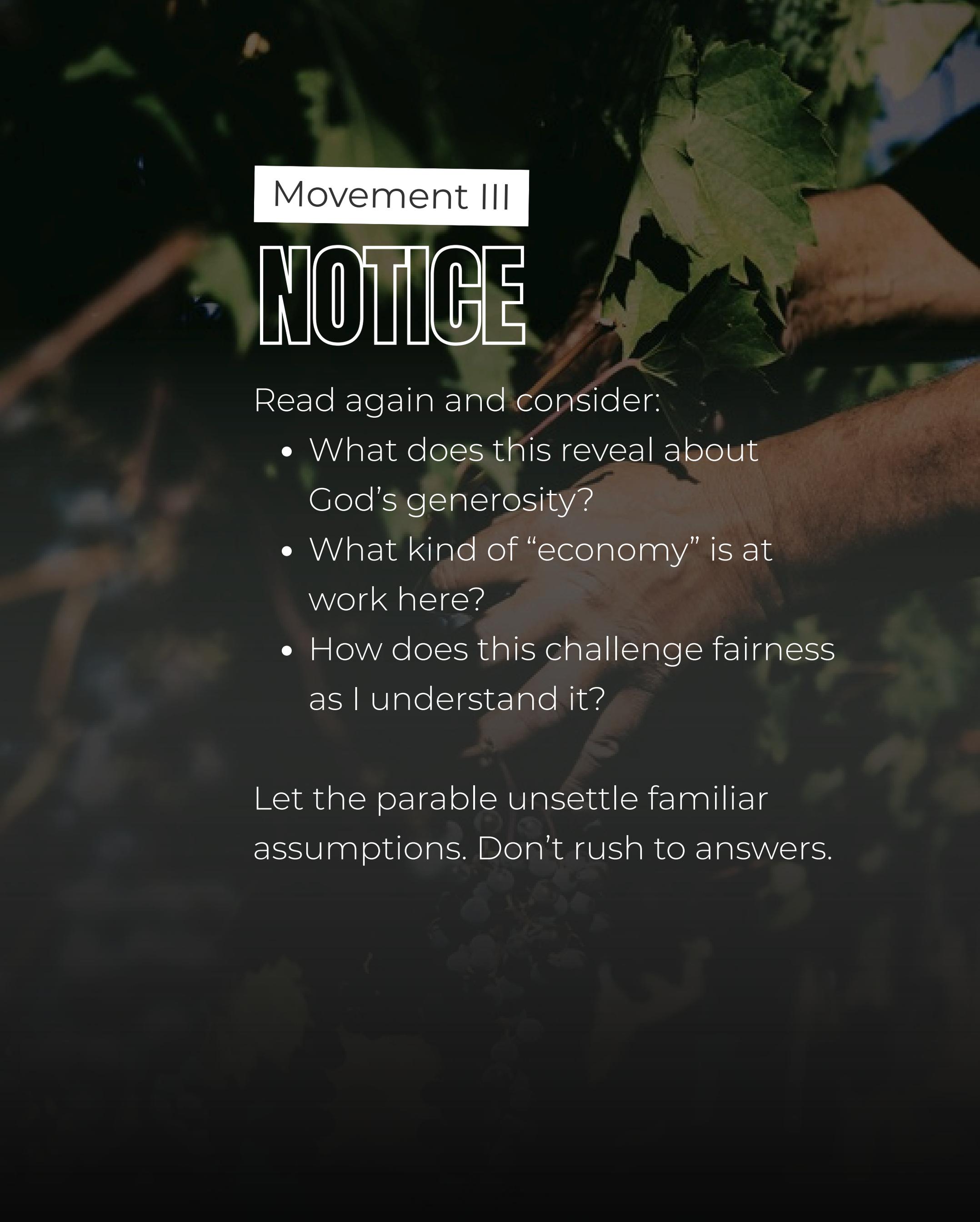
LISTEN

Read Matthew 20:1–16 slowly.

Can you hear the:

- The repeated invitation
- The different hours of the day
- The surprise of the wage
- Grumbling and complaints

Hold the feelings that linger:
surprise, offense, injustice.



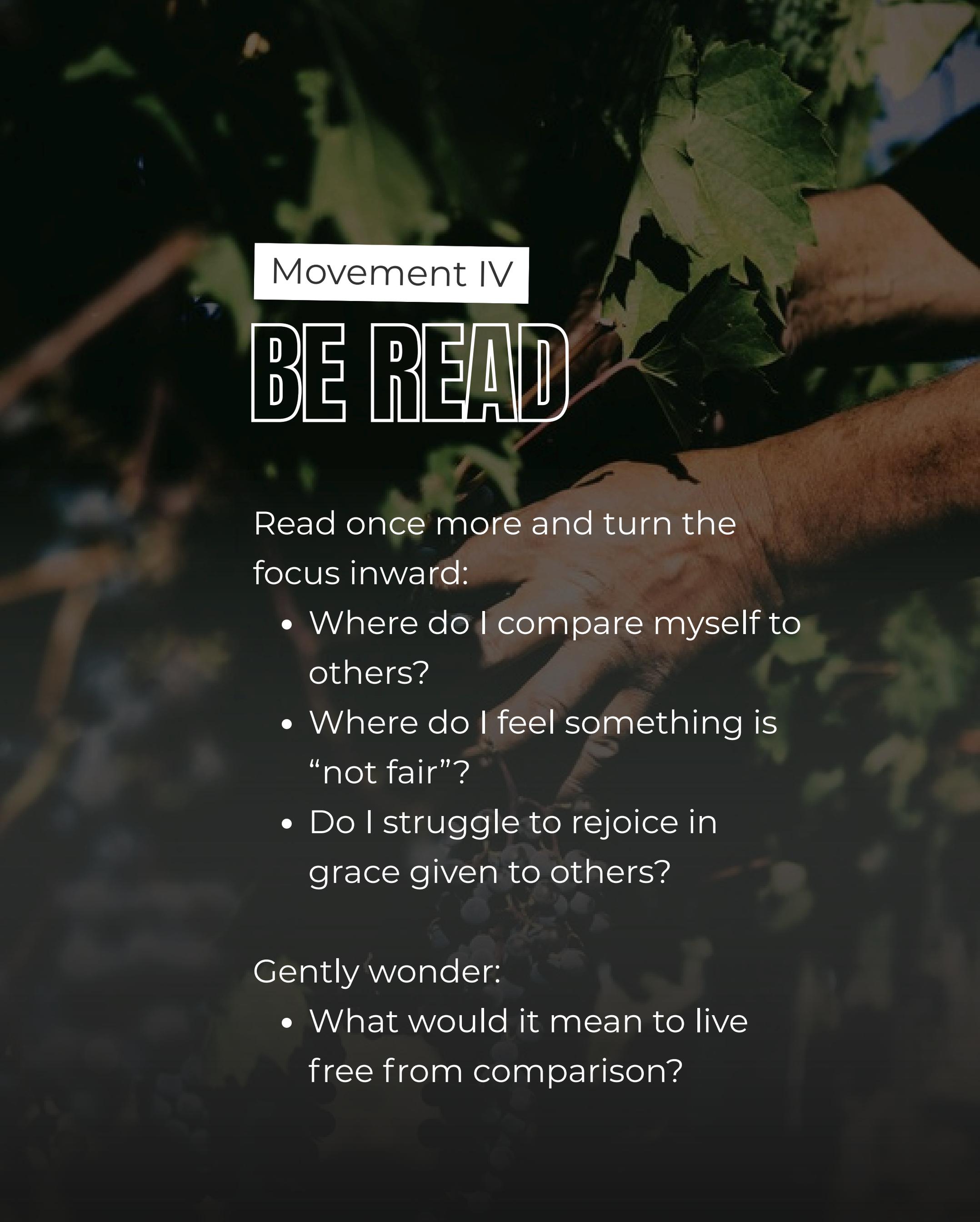
Movement III

NOTICE

Read again and consider:

- What does this reveal about God's generosity?
- What kind of "economy" is at work here?
- How does this challenge fairness as I understand it?

Let the parable unsettle familiar assumptions. Don't rush to answers.



Movement IV

BE READ

Read once more and turn the focus inward:

- Where do I compare myself to others?
- Where do I feel something is “not fair”?
- Do I struggle to rejoice in grace given to others?

Gently wonder:

- What would it mean to live free from comparison?

Movement V

RESPOND + WALK ON

This week:

- Notice moments of comparison
- Practise gratitude instead of competition

Pray:

Your grace is enough for me;
enough for all.

CONTEMPLATIVE GUIDE

MAY 2026

WK 2



**THE LAW OF THE KINGDOM IS
LOVE MATTHEW 18:21-35**

**“SHOULDN'T YOU HAVE
HAD MERCY... JUST AS I
HAD ON YOU?”**



Movement I

REST + ATTEND

Become still. Let defensiveness soften.

Pray: 

***Merciful King, form Your heart
in me.***

Movement II

LISTEN

Read Matthew 18:21–35 slowly.

Listen for:

- The scale of forgiveness
- The contrast between the two servants
- The response of the king

Movement III

NOTICE

Read again and notice:

- What does this reveal about the nature of mercy?
- How does forgiveness function in the Kingdom?
- What happens when mercy is withheld?

The LORD is merciful and gracious, Slow to anger, and abounding in mercy. Psalms 103:8

Movement IV

BE READ

Read one last time and ask the Spirit to search your heart:

- How do the amounts change the way I think?
- Who have I struggled to forgive?
- What does this reveal about my grasp of grace?

Gently ask:

- What if forgiveness is not loss, but freedom?

Movement V

RESPOND + WALK ON

This week:

- Release one debt - big or small

Pray:

Freely I have received, freely I give.

CONTEMPLATIVE GUIDE

MAY 2026

WK 3



THEME
ABIDING IN THE VINE IS
LIFE IN THE KING

JOHN 15:1-17

*“REMAIN IN ME, AS I ALSO
REMAIN IN YOU.”*



Movement I

REST + ATTEND

Become still. Let yourself be held, not hurried.

Pray: 

Living Christ, I remain in You,
and You in me.



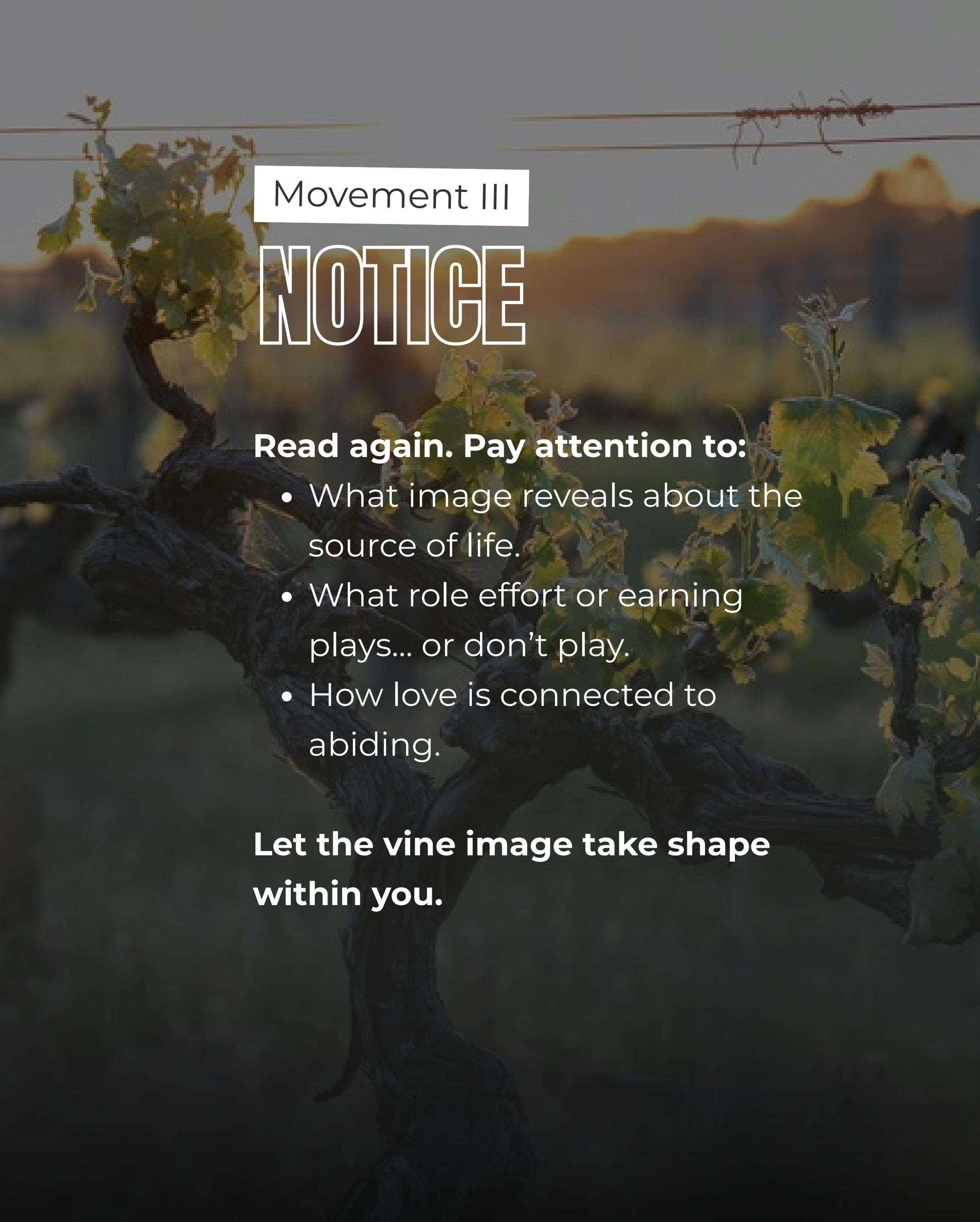
Movement II

LISTEN

Read John 15:1–17 slowly.

Listen for:

- The repetition of “remain”
- The imagery of vine and branches
- The language of love



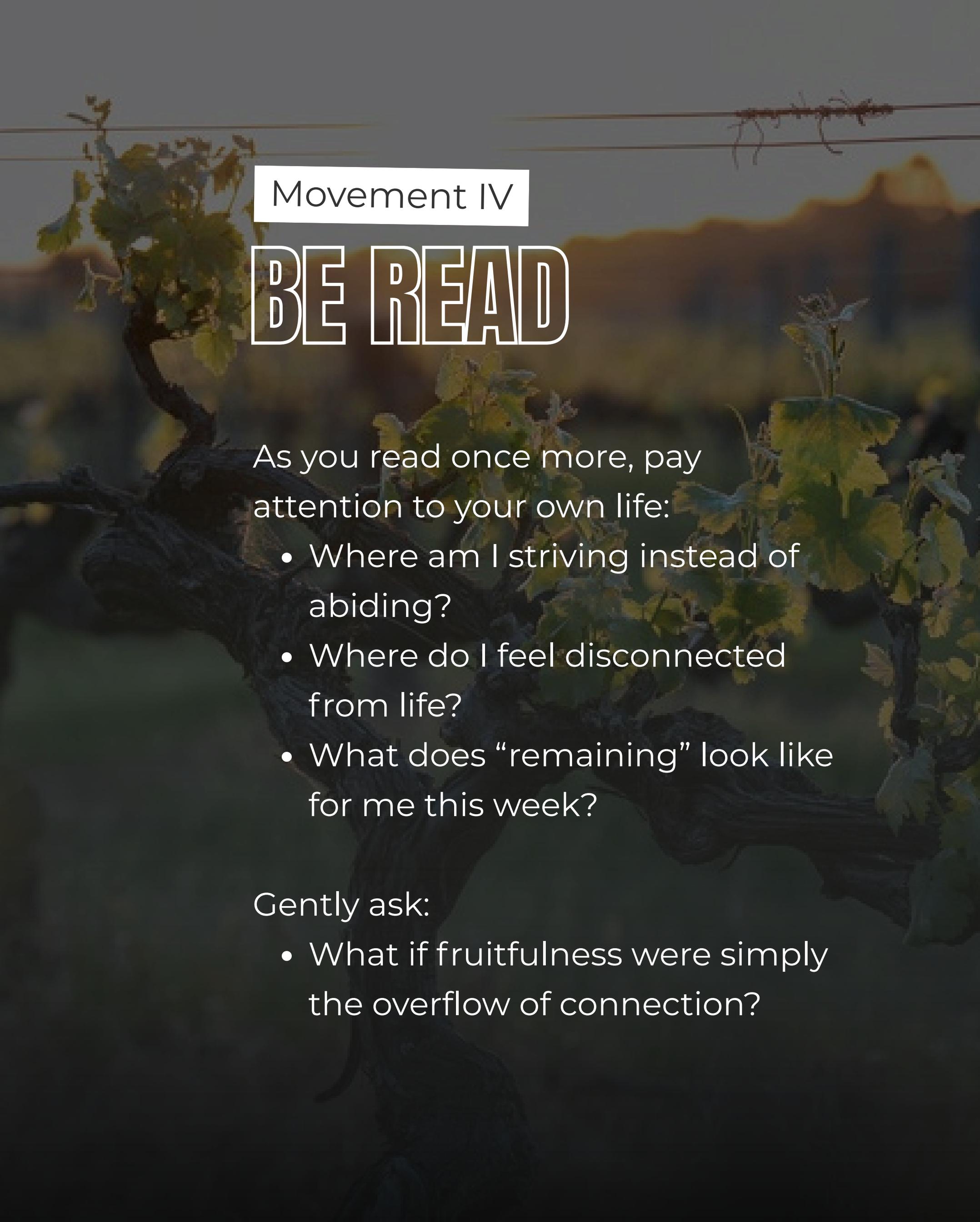
Movement III

NOTICE

Read again. Pay attention to:

- What image reveals about the source of life.
- What role effort or earning plays... or don't play.
- How love is connected to abiding.

Let the vine image take shape within you.



Movement IV

BE READ

As you read once more, pay attention to your own life:

- Where am I striving instead of abiding?
- Where do I feel disconnected from life?
- What does “remaining” look like for me this week?

Gently ask:

- What if fruitfulness were simply the overflow of connection?

Movement V

RESPOND + WALK ON

This week:

- Practise moments of abiding - pause and picture yourself connected to the vine
- Let love, not productivity, be your measure

Pray:

*Apart from You I can do nothing
— in You I have everything.*

CONTEMPLATIVE GUIDE

MAY 2026

WK 4



THEME:

**OBEDIENCE TO THE
KING'S WILL**

MATTHEW 21:28-32

**“WHICH OF THE TWO DID THE
WILL OF HIS FATHER?”**



Movement I

REST + ATTEND

Slow down. Make an inner choice to be honest.

Pray: 

Father, lead me into Your will.

Movement II

LISTEN

Read Matthew 21:28–32 slowly.

Listen for:

- The contrast between words and actions
- The change of heart
- The father's invitation

Movement III

NOTICE

Read again, paying attention to:

- What this reveals about obedience.
- How repentance is portrayed
- And, who responds rightly?
Anyone?

Jesus says:

“let your ‘Yes’ be ‘Yes,’ and your ‘No,’ ‘No.’ For whatever is more than these is from the evil one.”

Matthew 5:37

Movement IV

BE READ

Read the passage again. Imagine yourself in the scene - which son are you?

- Where does my life say “yes” but not follow through?
- Where might God be inviting me to turn and respond?
- What would authentic obedience look like this week?

Gently ask:

- What if obedience is participation, not performance?

Movement V

RESPOND + WALK ON

This week:

- Take one small, concrete step of obedience
- Align action with what you already know

Pray:

**Your will be done in me and
through me.**

WHAT IS GOD SAYING TO YOU?

As you reflect on this week...

What did your Rabbi say to you as you journeyed with Him?

What made your heart burn within you?

Do you sense that sharing your reflection might strengthen, encourage, or comfort our faith community?

If so, we would love to hear from you.

SHARE WITH US