

## Friday 7 August 2020

Today is Friday the 7 August in the 18th week of Ordinary Time.

Ladysmith Black Mambazo sing Ngaza Ngambona: 'They are blessed who keep his commandments; they will have their eternal place. Come in, all of you, so that you may be happy and be able to say, I've seen him on the cross, the one who loves me. Teach me, Father, to love you, praise you and pray to you.'

Today's reading is from the Gospel of Matthew.

Matthew 16:24-28

Then Jesus told his disciples, 'If any want to become my followers, let them deny themselves and take up their cross and follow me. For those who want to save their life will lose it, and those who lose their life for my sake will find it. For what will it profit them if they gain the whole world but forfeit their life? Or what will they give in return for their life? 'For the Son of Man is to come with his angels in the glory of his Father, and then he will repay everyone for what has been done. Truly I tell you, there are some standing here who will not taste death before they see the Son of Man coming in his kingdom.'

The enemy wants us to be scared of life and of God's call. This enemy wants to "disturb with false reasoning". How does the good Spirit want you to understand Jesus' challenge here? Might there sometimes be crosses that Jesus wants you to put down?

As for those crosses you have been given to carry, how does he want to help you with that?

As you listen again, notice how you are affected by these words.

How are you feeling about all this? Let Jesus know...

Glory be to the Father and to the Son and to the Holy Spirit. As it was in the beginning, is now and ever shall be, world without end. Amen.