

Friday 23 October 2020

Today is Friday the 23 October in the 29th week of Ordinary Time.

The community of Taizé sing Veni Creator Spiritus: Come, Creator Spirit.

Today's reading is from the letter to the Ephesians.

Ephesians 4:1-6

I therefore, the prisoner in the Lord, beg you to lead a life worthy of the calling to which you have been called, with all humility and gentleness, with patience, bearing with one another in love, making every effort to maintain the unity of the Spirit in the bond of peace. There is one body and one Spirit, just as you were called to the one hope of your calling, one Lord, one faith, one baptism, one God and Father of all, who is above all and through all and in all.

What do you understand by "a life worthy of the calling to which you have been called"? What is the calling to which you have been called?

Why do you think it is important that the Ephesians have been told to live lives of "humility, gentleness, patience, bearing with one another in love"?

Now listen to the passage as it is read for you a second time. Notice the references to "one"; words and phrases like "unity", "one body", "one Spirit", "one Lord", "one faith", "one baptism", "one God and Father of all". Does this speak to you in our world today?

To conclude this session, just reflect on what thoughts have been coming to you during it, and see if you can turn them into a prayer to God.

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.