

**Monday 15 January**

## Presence

Lord, you are always there  
waiting for me.  
May I never be too busy to  
find time to spend in your presence.

## Freedom

Everything has the potential to draw forth from me a fuller love and life.  
Yet my desires are often fixed, caught, on illusions of fulfillment.  
I ask that God, through my freedom may orchestrate my desires  
in a vibrant loving melody rich in harmony.

## Consciousness

Lord, please prepare the soil of my heart to receive the seed of Your Word.  
May it take root, grow and produce a bountiful harvest for Your glory and my  
good.

## The Word of God

### **Mark 2:18-22 NRSVue**

<sup>18</sup>Now John's disciples and the Pharisees were fasting, and people came and said to him, "Why do John's disciples and the disciples of the Pharisees fast, but your disciples do not fast?" <sup>19</sup>Jesus said to them, "The wedding attendants cannot fast while the bridegroom is with them, can they? As long as they have the bridegroom with them, they cannot fast. <sup>20</sup>The days will come when the bridegroom is taken away from them, and then they will fast on that day.

<sup>21</sup>"No one sews a piece of unshrunk cloth on an old cloak; otherwise, the patch pulls away from it, the new from the old, and a worse tear is made. <sup>22</sup>Similarly, no one puts new wine into old wineskins; otherwise, the wine will burst the skins, and the wine is lost, and so are the skins, but one puts new wine into fresh wineskins."

### **New Revised Standard Version Updated Edition (NRSVUE)**

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## Inspiration

John the Baptist referred to himself as the friend of the bridegroom (John 3:29). His disciples who fasted asked Jesus why Jesus' disciples did not do so. His response was that there would be a time for feasting and another for fasting. Lord, help us to recognise that there is a time and context for feasting and another for fasting and give us the grace and discernment to do what is appropriate at the time.

Jesus spoke of changing times. What he was presenting was new, not a patched-up version of what went before. New wine needed fresh wineskins. Lord, help us to appreciate the gift of the past but help us also to remain open to the new that you reveal to us.

## Conversation

May your Holy Spirit guide me  
In all my dealings with others.  
May I use the gift of speech with kindness.

## Conclusion

Filled with the loving presence of God. Ask Him to bless you and guide your steps.  
As you go to do His work in your daily life.

Amen