



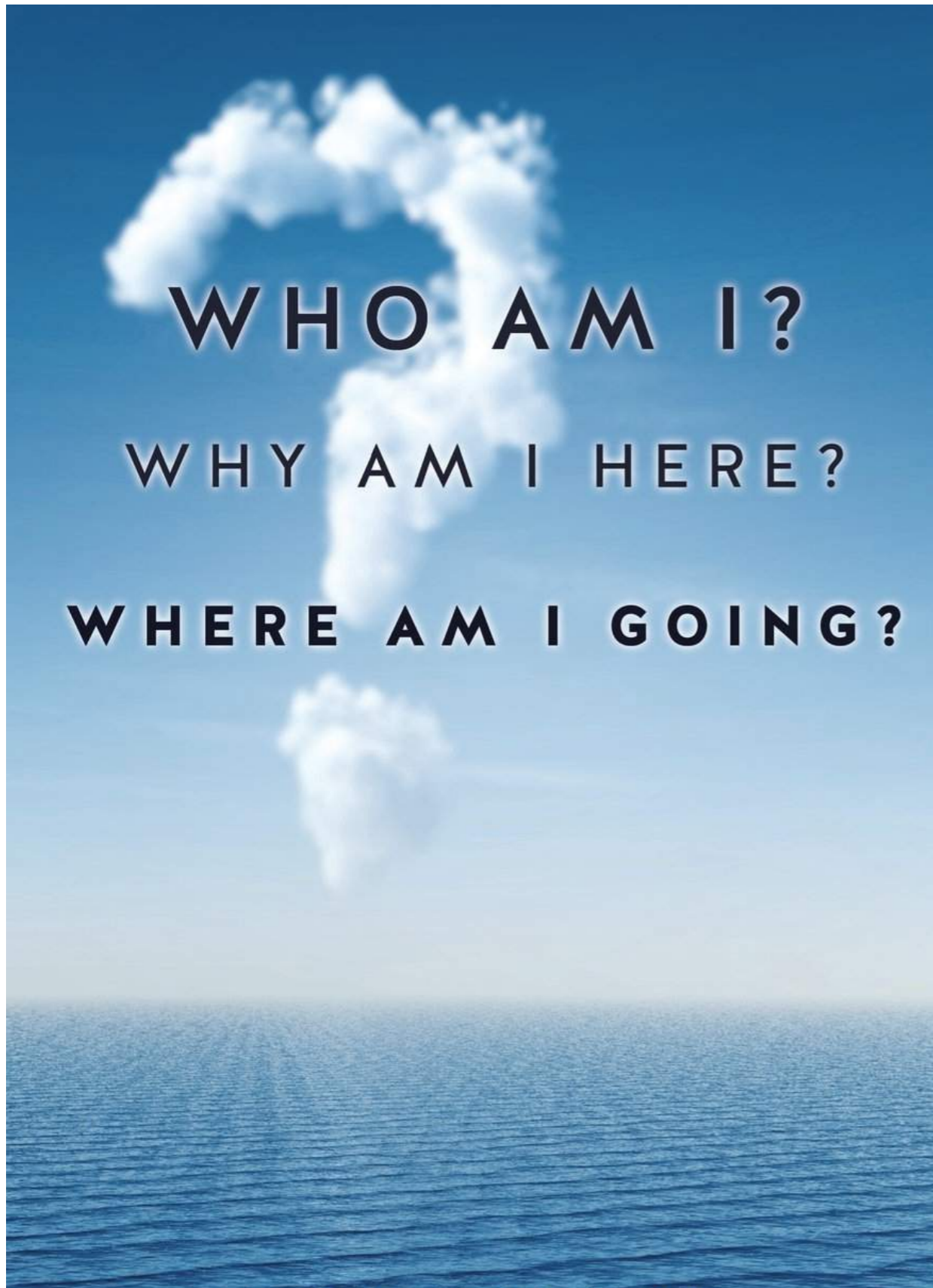
John 10:10

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# Let Jesus Minister To Us

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## 5,000 year old lunch box emerges from the Ice

There is a bit of good news about global warming, at least according to archaeologists. As the glaciers recede and melts they are releasing some of the human artefacts that they have absorbed through the ages, including humans themselves.

Ötzi, the five-thousand-year-old mummified mountaineer discovered in 1991, remains the most astonishing find.

An article in *The New Yorker* lists some of the other amazing artefacts left behind: Medieval crossbow bolts, coins of Roman vintage, a pair of 260 years old socks.

They also came across the mummified remains of a couple who had gone missing in 1942. The couple were found fully dressed, with their wartime identity cards, backpacks, an empty bottle, a pocket watch, and a book.

Most recently in the Alps, scientists discovered a “lunch box” or “mini-fridge” from the Bronze Age.

Our Catholic life is like the icebergs. We leave behind a trail of “artefacts” – character traits, stories, relationships, ways we are blessed or ways we have hurt others.

**Q: What will we leave behind?**

**"Bourne Identity": Who Am I and Where Am I Going?**

In the *Bourne Identity*, action, crime thriller 2002. Matt Damon plays Jason Bourne – a CIA agent who has suffered amnesia. He is trying to figure out just who exactly he is. The fundamentals of his journey are not too different than our own. In the mountains of Switzerland, Jason has hitched a ride to Germany with a young woman named Marie. He's running from the police - but he's not even sure why. He tries to keep quiet about his situation until the frustration overwhelms him. Finally, in response to Marie asking a simple question, Jason turns to Marie and says desperately, ***“I don't know who I am or where I am going.”*** In one of the scene, Jason had with him – a safety deposit box full of money and six passports and a gun. Jason still does not know his identity as he suffered from amnesia. Jason turned to Marie in desperation, “I can tell you the license plate numbers of all six cars outside. I can tell you that our waitress is left-handed and the guy sitting up at the counter weighs 215 pounds ... I know the best place to look for a gun is the cab ... I can run flat out for a half mile before my hands start shaking. Now why would I know that? ***How can I know that and not know who I am?***”

*So many of us are running from something, and we are running to somewhere - but it's impossible to know where we are going if we don't know who we are.*

*God's fingerprints are all over our lives, and as we search Him out, the pieces begin to fall into place. Ultimately, we find out our true name - our true identity - only in Christ, and only then do we find out where we are to go with our lives.*

### **Ultimate Questions: Who am I?**

#### **What will we leave behind?**

In those days Jesus came from Nazareth of Galilee and was baptized by John in the Jordan. And just as he was coming up out of the water, he saw the heavens torn apart and the Spirit descending like a dove on him. And a voice came from heaven, ***“You are my beloved Son; with you I am well pleased.”*** (Mark 1:9-11)

**Ahuva** is from the Hebrew, meaning BELOVED or ONE WHO IS LOVED BY OTHERS. To be able to truly experience being the BELOVED ONE of God, we need to **allow ourselves to be wrapped in the arms of our Loving Abba Father. Allow Jesus to minister to us individually.**

#### **Let Jesus Minister to Us**

When people make demands on us or keep depending on us, we may end up stressed, tired and irritable. But this is not the case with Jesus. When people draw from Him, He is strengthened and refreshed! Jesus is, after all, God. And we honour God when we take our place as man and woman and let God be God by drawing from Him. The One who said, *“I did not come to be served, but to serve”* (Matthew 20:28), loves it when we allow Him to minister to us. The Bible tells us that when Jesus arrived at Sychar, He was wearied



*John 13:12 So when He had **washed their feet, and taken His garments** and reclined at the table again, He said to them, **“Do you know what I have done to you?”***

from the journey and rested at a well. A sinful Samaritan woman then came to the well to draw water. Jesus ministered to her and she left rejoicing with the promise of living water. The disciples, having returned with food for Jesus, found Him already strengthened and refreshed. When they wondered who had given Him food while they were away, He told them, *“I have food to eat of which you do not know”* (John 4:1–42). Today, when we draw from Jesus and let Him minister to us, it is “food” for Him that “refreshes” and “strengthens” Him. But it **takes humility** for us to **allow Jesus to minister to us**. We take pride in doing things for the Lord. We want to

build our businesses, families and ministries for Him. All that is good, but **without Jesus, we are spiritually bankrupt!** We really have nothing to give to the Lord and His work. What we need to do first is to receive from Him because when we freely receive from Him, we are able to freely give (see Matthew 10:8).





# AHUVA

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BELOVED or ONE WHO IS LOVED  
BY OTHERS.



Matthew 3:13-17



Mark 1:9-11



Luke 3:21-22



“You are my Beloved Son, with You I am  
well pleased.” (Mark 1:9-11)



## Ahuva cited in the Bible

Now Israel loved [ahav] Joseph more than all his children, because he was the son of his old age: and he made him a coat of many colours' (Genesis 37:3).

Beloved Disciple of Jesus (The disciple whom Jesus loved) John 13:23; John 19:26; John 20:20:2; John 21:7 and John 21:20.

The New Testament writings associated with John the Beloved present him as both a teacher and a model for our own discipleship.

Why then did he remain unnamed, never being directly identified as the Apostle John? The answer might partly be because he intended his own experiences to be types for believers and disciples in every age.

By remaining anonymous, he could allow us to project ourselves into his experiences, **learning how to love and be loved by the Lord** and then gaining our own witnesses, which we are then called upon to share with others.

## Reflection: LOVE – YOU – JESUS

**LOVE:** God loves me and has a plan for me.

The Bible says, "God so loved the world that He gave His one and only Son, Jesus Christ, that whoever believes in Him shall not die, but have eternal life" (John 3:16).

**YOU:** Sinful and Separated from God

We have all done, thought or said bad things, which the Bible calls "sin."

The Bible says, "All have sinned and fall short of the glory of God" (Romans 3:23). The result of sin is death, spiritual separation from God (Romans 6:23)

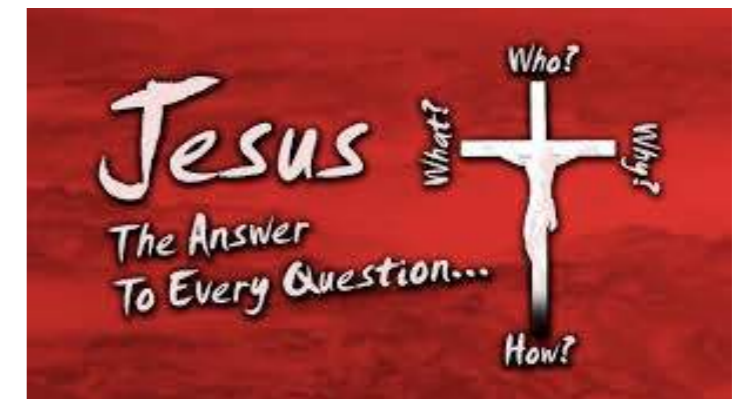


*"You are precious to me..." (Isaiah 43:4)*

**JESUS:** God sent Jesus to die for our sins. This is the good news: Jesus died in our place so we could have a relationship with God and be with Him forever. "God demonstrates His own love toward us, in that while we were yet sinners, Christ died for us" (Romans 5:8).

But it didn't end with His death on the cross. He rose again and still lives!

**"Jesus Christ died for our sins. ... He was buried. ... He was raised on the third day, according to the Scriptures"** (1 Corinthians 15:3-4).



## Short Meditation

*My Precious Friend:*

I am sending you this letter by way of one my disciples.

I just wanted to let you know how much I love and care about you and how I greatly desire to become a meaningful part of your life.

This morning when you awoke, I was already there with you in the light of my beautiful sunshine that filled your room. I was hoping that you would say good morning to me; you didn't. So, I thought maybe it was just a little too early in the day for you to notice me.

Again, I tried to get your attention when you stepped out of your door. I kissed your face with a soft gentle breeze. I breathed upon you my fragrant sweet breath, scented with flowers. Then sang you a love song through the birds in the trees. You just walked right past me.

Later on in the day, I watched over you as you were talking with some of your friends. Oh! How I wished that you would talk to me also. I waited and waited, but you just went along your way.

This afternoon I sent you a refreshing shower and glistened to you from each rain drop. I even shouted to you a time or two with rainbows in the midst of my flurry white clouds. I just knew you would see me then but you were not aware of my Presence.

This evening to close your day, I sent you a beautiful sunset. After that, I winked at you a thousand times through my stars hoping that you would see me and wink back. You never did.

Tonight when you went to bed I spilled moonlight upon your face to let you know that I was there with you. I was hoping that you would talk to me a little while before you went to sleep. You never said a word.

It hurt me deeply; however, I continued to watch over you all through the night thinking that, maybe, just maybe, you would say hello to me in the morning.

Each and every day, I have revealed myself to you in many strange and wondrous ways hoping that you would accept me as your Shepherd.

For, I am the Only One that can supply you with all your needs. My Love for you is deeper than the deepest ocean and bigger than the great blue sky. I have so very much to give to you and also share with you.

Please let me hear from you soon.

Your Loving Friend Forever,  
Jesus Christ



## Life in Abundance

*"The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full" (John 10:10)* So why does Jesus heal us? The answer is ultimately found in the mystery of God's love: He redeems us and heals us simply because He loves us. Out of this same love of God, our redemption and healing are to enable us to be participants in Jesus' work of redemption. In brief, our healing, whether spiritual, inner, relational or physical, is so that we may follow Jesus and be His witnesses. We see this dynamic of being saved and healed in order to be sent, throughout Jesus' ministry. Jesus wants to minister to you and me. Don't try to minister to yourself. That is pride and self-righteousness. The Pharisees of Jesus' day, who felt that they did not need Him and that they could provide for themselves, were the ones who could not receive from Him. So bring to Him your needs and say, *"Lord, I need to draw from You. I present my needs to You. Minister to me and meet my needs. I cannot, but You can. Thank you, Lord."*

## Questions for Reflection

In what ways have you experienced God's Love? How did this transform your life?

What is your vision of being the BELOVED of God?

Do you believe God wants you to be His BELOVED? Why?

We are healed so that we may be Jesus' witnesses. How does this truth affect the way we grow in intimacy with God?