

## Spiritual Practice | [Scarcity & Abundance](#)

***Today I'd like to invite us into a spiritual practice where we ask God to be both in our experiences of scarcity and abundance.***

*For this practice I'll be asking you to interact through the chat - when prompted, so scooch a little closer to your keyboard if you can.*

But first let me read a couple of verses from Matthew - from which this spiritual practice finds its roots.

"Jesus took the five loaves and two fish, lifted his face to heaven in prayer, blessed, broke, and gave the bread to the disciples. The disciples then gave the food to the congregation. They all ate their fill. They gathered twelve baskets of leftovers. About five thousand were fed."

*Matthew 14:18-21*

A friend of mine recently told me of a fire that was near her house. A fire so big that folks from the surrounding area came out into the street to watch. And a man nearby her - slouched to the sidewalk... his face in his hands, sobbing and saying, "this is too much" - "this is just too much" (no connection to anyone in the building - or the building itself)...

But he was giving way, to the collective feeling so many in that crowd were feeling, to the compounding grief that feels as though on some days, might tip all of us.

Today you might find yourself in the same posture as this man on the sidewalk. Crumpled - your spirit and legs ready to give way to the weight and abundance of MASS grief.....and find yourself hungry and in need of what feels so scarce - the good, living presence of God.

It is hard when all that is anxiety provoking, and tenuous and unknown in our lives, is piled so high - because it's so front of view, so encompassing -because we can't get in touch with whether we have reserves of loaves & fishes or not, ... and even the sliver of what we might be able to make out of God - seems to be mere crumbs rather than abundant sustenance.

**It seems impossible that there could be enough loaves and fishes to sustain us - when our lives are threatened, when buildings are burning, when this nation is on fire.**

**As much as this scripture in Matthew - can be read as a miracle, this supernatural power of God - it can also be an invitation of who we can be with God and each other - a call to action - a way of being in community. A community that notices, shares and feeds one another with the little bits of God that we do encounter- to discovers that it's more than enough.**

In the spirit of communion, I'm going to ask us to follow the motions that Jesus offers us in this scripture when we feel a lack of God's Spirit with us.

Jesus, offers a prayer to God, blesses what is in front of him, and then breaks and shares that sustenance.

We will do the same.

### 1) **Look to God**

We are going to take a moment right now, as Jesus did to look to God.. we are going to acknowledge and name what we need and want from God. Whether that's a need for practical resources, a need for warmth, relief, rest.. A want, to want to get out of bed in the morning, or a longing for connection, a friend, a hug - whatever it is... I'm going to ask you to put it in the chat.

**What do you need right now from Jesus that feels lacking..**

**PUT THIS IN THE CHAT** (*I won't read your name just your comments - let them flow, one after another as they come to you*)

*Quick prayer, "God would you receive the abundance of these needs and in turn give out the abundance of your good and loving presence."*

### 2) **Bless**

And now we'll ask God to illuminate the moments where God has been present to you in the last couple of days - where did God show up?

Don't judge what comes to mind, even if it didn't feel like enough in the moment...

And don't discount any moment - if they feel silly or "Not godly enough"...

*Maybe a moment in the snow on Friday (?), or a text from someone, or a color or image that called out life to you,*

*Be present to what God shows you right now. I'll give you a couple seconds now to quietly reflect with God.*

### 3) **Break & Give**

Now we'll break and give these bits of GOd to the whole community.

A poet said, "*This is the time of loaves and fishes. [WE] are hungry, and one good word is bread for a thousand.*" - David Whyte

I'm going to invite you now to break open and share with us **one good word of God**.

Again, don't hold back if you think it was too small or insignificant... what you felt to be true of GOD is not a crumb - held in the company of all of us - it is the living, sustenance we need.

**So as you are ready add to the chat, where you've noticed God recently.**

*Quick prayer, "God we give thanks to you for blessing every moment we have with your presence."*

### 4) **The leftovers**

As I read aloud these words from all of you, I invite you to be bold in your posture of receiving! Hold out your arms, (not just cupped hands), but instead like you are expecting a **basket full** of God's goodness, a balm to your hurting places, peace to your racing heart and mind....and whatever else you've named - Keep receiving and receiving the abundance of God, as I read.

*Oh God, could you help us to be unashamed of naming where we need more.... More of YOU, more of your real presence, more people in our lives, more help, more hope, more life, more change... And in that honesty and acknowledgement could you help us see the sustaining - never-ending - crumbs of your love, on this path of life? Could you continue to break open our eyes and hearts, to the abundance of your presence - so that our "baskets" are brimming with leftovers for the days ahead? In your mercy, Amen.*