

**MONDAY**  
**8 JUNE**  
**1 Kings 17:1-6**  
**Psalm 121**  
**Matthew 5:1-12**

**TUESDAY**  
**9 JUNE**  
**1 Kings 17:7-16**  
**Psalm 4**  
**Matthew 5:13-16**

**WEDNESDAY**  
**10 JUNE**  
**1 Kings 18:20-39**  
**Psalm 16:1. 6-end**  
**Matthew 5:17-19**

**THURSDAY**  
**11 JUNE**  
**Day of Thanksgiving**  
**for the Institution**  
**of Holy Communion**  
**(Corpus Christi)**  
**Genesis 14:18-20**  
**Psalm 116:10-end**  
**1 Corinthians**  
**11:23-26**  
**John 6:51-58**

**FRIDAY**  
**12 JUNE**  
**Barnabas the**  
**Apostle**  
**Job 29:11-16**  
**or Acts 11:19-end**  
**Psalm 112**  
**Acts 11:19-end or**  
**Galatians 2:1-10**  
**John 15:12-17**

**SATURDAY**  
**13 JUNE**  
**1 Kings 19:19-end**  
**Psalm 16:1-7**  
**Matthew 5:33-37**

## REFLECTION

**K**ingdom promises may take a while to be fulfilled. As we hear the familiar catalogue “**Blessed are...**” in Monday’s Gospel, it’s tempting to retort, pantomime style, “**Oh no they’re not!**” We live in a world where the groups Jesus mentions seem to get a raw deal and the exhortation in verse twelve to rejoice and be glad, looking forward to heavenly reward, offers scant comfort.

But in this block of teaching Jesus is clearly inviting his followers into a different kind of reality. They are to be salt, subversively changing the whole flavour of life around them, and to be light, making kingdom life visible for all to see. And yet this new way of being is seen as a continuation of, and not a contradiction to, all that has gone before. But it goes further, just as in offering himself as living bread, Jesus goes further than the time-limited manna of past times.

**“The one who eats this bread will live for ever.”**

Just how far we’re called to go becomes clear with the commandment “**love one another as I have loved you**”. That love supersedes everything, sets personal safety, life itself, aside – and is the mark of the kingdom in all its fullness.

PRAYER

**Lord, you promise blessings for all those who strive to live the life of your kingdom, even here amid the injustice of our broken world. Give us a longing to found our lives on your law of love, and to hunger, not for justice alone, but for you, the living bread in whom our hunger is truly satisfied.**



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## CLIMBING KILIMANJARO

### PART III – ARRIVING

**J**ohn Witcombe continues his account of climbing Kilimanjaro.

Getting off the plane when we arrived in Tanzania was like walking into an inferno. The heat from the tarmac was incredible. We had to queue for a spot temperature test to make sure we weren’t bringing Ebola into the country – it’s a wonder anyone passed. Then there were endless forms to complete and submit before I finally walked out to find a driver waiting for me with a bottle of cold water. What bliss! And that level of care was to continue throughout the ten days of the trek.

What a gift it is not only to offer, but also to receive hospitality. Later, as we arrived into camp every night, Modeste was waiting to brush the volcanic dust from our boots and trousers. It’s tempting to turn it down out of embarrassment, but sometimes our role is to accept what’s given graciously, and to take pleasure in it. That’s the best way to honour those who serve us.

Later that evening I met my guides. Raymond and Kevin were kind, smiling, encouraging, and attentive – explaining they would be checking oxygen levels in our blood twice a day, and that their word was final when it came to deciding who could make the summit attempt.

And then it was time to repack. My main bag would be carried by the porters – and I couldn’t take that care for granted. According to the regulations, porters are permitted to carry only fifteen kilograms per trekker. We had all brought a small shop’s worth of snacks to keep us going, and a wardrobe of clothes to keep us cool as we started, warm as we summited. We couldn’t take it all.

The truth is we can never know exactly what we are going to need as we set off on any journey. The balance between sensible precaution and anxious over-preparation is very difficult to achieve. Prayer about what to leave in and what to take out – sometimes called the preacher’s prayer – is vital on occasions like this. And to know that sometimes we need to rely on others.



Porters on Mount Kilimanjaro

**LIVE**  
 the **WORD**

SUSTAINING YOU  
 THROUGH THE WEEK

Edited by  
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 and  
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Trinity

Monday 8 June to  
 Saturday 13 June  
 2020

WEEK