



24 – 30 May 2026

THOUGHT FOR THE WEEK

The Day of Pentecost marks the shift in the Church Calendar from God's Story to Our Story. After the months of remembering and entering into the grand narrative of God's saving work, we now begin to explore the implications for us, and how we can become participants in the reign of God. But the key moment of transition is the outpouring of God's Spirit. In keeping with the biblical principle of "passing the mantle" from prophet to disciple, Pentecost is the moment in which Jesus "passes the mantle" on to us. We have learned from him what God's mission is, and now we have received his Spirit in order to continue his work. So, Pentecost is a gift, but it is also a preparation, an empowering, for the work ahead.

As we seek to follow Christ in this world, we will face many challenges that are beyond our ability to overcome. We will encounter many people whom we would not naturally be able to love. We will confront many aspects of ourselves that we would rather deny than heal. But we do not have to deal with these issues alone. The gift of the Spirit empowers us to find creative solutions to seemingly unsolvable problems. The Spirit fills us with the love of Christ and enables us to reach out even to our enemies. And the Spirit reveals what needs to change in us and brings God's healing and transforming grace into our lives. What an amazing gift this is!

This week our meditations seek to open us to receive God's gift of the Holy Spirit again.

PENTECOST SUNDAY 24 MAY 2026

Read: Acts 2:1-21

Reflect: There are so many themes in the Pentecost passage in Acts 2, but today it is probably most helpful if we focus on just one – the miracle of the different languages. The Bible makes it clear that the disciples were given a divine ability to proclaim God's gift of life

to people who would naturally have been beyond their reach due to language differences. Notice, that the languages the disciples spoke were human. At Pentecost the purpose was to speak to people, and so the disciples were given human words to share. Notice also that the gift of speaking in other languages was given so that the disciples could bring life to the women and men gathered in Jerusalem. It was not a gift for personal enjoyment (although the Bible does allow for that in other circumstances). It was part of the mission of the disciples, and it helped to demonstrate that God's reign crosses boundaries and brings all people together into one, welcoming community.

The challenge for us as we read this story is that, like the first disciples, we are called to be part of God's welcoming, boundary-crossing mission. We may not speak in other languages, but we do need to learn to step into the shoes of others, to learn to communicate with them in ways that they will understand. And, of course, the most universal language is that of love.

How can you communicate through the language of love today?

Do: It's significant that the ability to speak in other languages began with the disciples praising God. As we praise God, we open ourselves to see what is praiseworthy in our world, and in others. Then, we are better able to affirm and praise and express love to them through our encouragement, kindness, and support. Today, spend time praising God, and then allow your praises to spill over into affirmation of the people around you. Remember to express this affirmation in a "language" they will understand.

Pray: As I praise you, O God, I become more aware of whatever is praiseworthy in the world, and in the people, around me.

MONDAY 25 MAY 2026

Read: Joel 2:18-29

Reflect: You will probably recognise part of today's reading as the prophecy that Peter quoted in his sermon in yesterday's reading. While we know almost nothing of the prophet Joel, or when his prophecy was written, we do know that it refers to a time of great trauma – a plague of locusts – in the life of God's people. Whether these were literal insects, or a metaphor for a great army is

uncertain, but the devastation that was left in their wake is clear. Yet, God promises to meet God's people in their grief and to restore them. The prophet offers a vision of a time of abundance and peace that will come, but then he goes even further. He speaks of God's Spirit being poured out on the whole earth, and filling every person, from the least to the greatest. This was a miraculous dream for the devastated people of God, and it offered a restoration that included bringing their whole being into union with God.

As we reflect on the gift of the Spirit this week, this vision offers us great hope and encouragement. Whatever brokenness we experience in our world and in our lives, whatever our particular "locusts" have destroyed, God's Spirit comes to restore and heal us and bring us back into union with God. But, more than this, Joel speaks of dreams and vision and prophecies. All of God's people, young and old, women and men, are to be filled with new visions of the world. The Spirit seeks to liberate us from the cynicism and negativity that trauma often creates, and free us to dream of a new world of grace and peace and justice.

As you reflect on your corner of the world, what dream is the Spirit seeking to inspire in you today?

Do: As followers of Jesus, we are called to see the world through the lens of God's dream of wholeness and unity for the entire cosmos. In order to see this dream, we need to immerse ourselves in it, and we do this by studying the Scriptures. Throughout the Bible we see God's dream expressed, and as we read these visions our hearts are captured by God's dream. Today, allow the Bible to fill your heart with a new vision of God's reign.

Pray: Speak to me, O God, and fill my heart with a new vision of your reign fully revealed in the world.

TUESDAY 26 MAY 2026

Read: Romans 8:26-27

Reflect: If we are ever tempted to believe that God's Spirit is only given when we're very spiritual, good, and focussed on God, today's reading should be very liberating. They are part of Paul's description of the Holy Spirit's work in our lives, which includes affirming our place as God's children, and empowering us to follow Jesus. The

apostle shares how the Spirit comes and helps us when we're weak. When life overwhelms us so that we don't even know how to pray, the Spirit is with us. When the best we can offer is the groaning of our deepest grief, the Spirit is with us, and turns our wordless cries into prayer. In our least noble, most vulnerable and broken places the Spirit's presence and power of are available to us.

This passage is sometimes taken to refer to praying in tongues, and this may be a valid way to approach it. But the simplest reading is that the Spirit connects us with God through the language of our grief and pain. God, who knows our hearts, receives these cries as if they were the most eloquent of prayers, and then gently draws us to align with God's ways in the midst of our struggles. This means that our worst times do not separate us from God but draw us even closer. And the gift of God's Spirit is available to us in both good times and bad. So, whether we celebrate or grieve, we can open ourselves to the Spirit's presence and power.

How can you allow the Spirit to turn the deepest feelings of your heart into prayer today?

Do: Although the practice of confession is usually associated with admitting our sin and turning away from it, sometimes we just need to acknowledge the deepest feelings of our hearts and offer them to God. Whether it is great joy or great grief, the presence of God always transforms these emotions into something that brings healing to us and is useful for bringing God's grace to others. Today open your heart to God and confess your deepest feelings – even if you don't have the words.

Pray: I open my heart, O God, and offer my deepest emotions as a prayer to you.

WEDNESDAY 27 MAY 2026

Read: John 7:37-39

Reflect: Although he had originally said that he would not go to the Temple for the Festival of Shelters, Jesus did decide to go in the end. At first, he remained on the side-lines watching and staying out of public site, but then he decided to teach the people. This was risky because the religious leaders were already seeking to destroy him. But, when they did not harm Jesus, the people began to

wonder whether even they had started to believe. This caused some debate among the crowds as they tried to discern whether he was the Messiah or not. But then Jesus offered one of his most compelling invitations – to come and drink of rivers of living water.

We all know what it feels like to be thirsty in our souls. When times are hard, when our relationships are strained or broken, and when we grow exhausted from the cares and responsibilities of life, we know the longing for resources beyond ourselves, and for something to refresh and inspire us. This is when the promise of the Spirit's living waters is such a source of hope and strength. We don't always feel the difference that opening to the Spirit makes, but often, once we have managed to make our way through the times of chaos, we can see the Spirit's influence as we look back. One thing is for sure, though – when we ask for the Spirit's presence, we always receive it.

How can you drink deep of the rivers of living water today?

Do: Jesus promised that the Spirit would be given to anyone who asks. This is why invocation is such a life-giving practice. When we make it a habit to ask for God's Spirit to fill us and work in and through us, we discover a source of strength, inspiration, wisdom, and comfort that is beyond our own resources. Today, invite the Spirit to move with you through your day, and open yourself to any nudges or unexpected insights that you may receive.

Pray: I come to you, O God, and I drink deep of the living waters of your Spirit.

THURSDAY 28 MAY 2026

Read: 2 Timothy 1:8-12a

Reflect: Sometimes we may feel that the coming of Jesus was a second thought on God's part. The way we read the Bible may, at times, make it feel like God was originally committed to wrath, anger, and judgement, but then, when that didn't work, God decided to change the strategy and send Jesus to bring grace. But, in today's reading it is clear that from before the beginning of time, God sought only to bring us grace and life, and Jesus was always the channel through which this would happen. This is why it is so very

sad when those who claim the name of Jesus treat others with condemnation and judgement, instead of grace and love.

The writer also teaches that we should not be ashamed of Jesus, nor should we be afraid to suffer for his sake. When we seek to share the grace of Christ with others, we may find ourselves in conflict with those who exploit the weak or support systems of injustice for their own gain. And then we may experience persecution or hardship, and we will need a strength and courage beyond ourselves to endure it. Because of that strength, which comes from God's Spirit, the apostles were not ashamed of being imprisoned for Christ. Most of us won't have to face that kind of ordeal, but we will face the daily choice to share God's grace or not.

How can you share God's eternal grace with others today?

Do: At the heart of the Jesus way is the quest to share God's grace and love as widely as we can. There are so many ways we can do this, but they all flow from a life of prayer. This is not about speaking some words in God's direction and then forgetting about it. It's about taking time to align our priorities and values with God's and then going out into the world to engage with others as Jesus would. How can you pray today, not just with your words, but with your life?

Pray: Make my life a prayer that touches others with your grace and love, O God.

FRIDAY 29 MAY 2026

Read: Job 38:12-21

Reflect: In an age when suffering was considered to be a punishment from God, the writer of the Book of Job dared to suggest that innocent people can suffer through no fault of their own. He also explored how we respond to suffering. Job's friends self-righteously judged him and called on him to repent. Job, however, persisted in asserting his innocence, but he did fall into self-pity and despair - both of which are natural reactions. God's response, part of which we read today, may seem to be a judgement for Job's questioning of the Creator God. It is surprising to see God speaking sarcastically, as in verse 21. The writer was clearly seeking to show that God's ways are beyond human understanding and that, while the innocent

may suffer, we should just continue to trust in God's greatness and glory and not doubt or question. While the Book of Job was a step forward in human understanding of God, it still had a way to go.

As we reflect on the Pentecost gift of the Spirit, and prepare ourselves for Trinity Sunday, we do well to ask what Job can teach us, and what it fails to teach. There is no question that Job reveals that suffering comes to all, and that following God's ways does not guarantee a life free from pain. What it fails to explain, though, is that God remains with us throughout our life's journey. As we have seen, this is one of the glorious messages of Pentecost. But, as we reflect on the meaning of the Trinity, we discover a truth that was not available to the writer of Job. The God who commands the sun and the light, and who brings the springs up from within the earth, is the same God that is revealed in the man, Jesus. This is not a distant sarcastic God who is angered by our doubts. This is a God who suffers with us, who embraces our questions, and who leads us into the life-giving ways of grace, compassion, forgiveness, and peace.

How can you open yourself to the God who is Creator, Saviour, and Comforter today?

Do: In God's response to Job's questions, the writer has God challenging Job to observe the natural world around him. As he looks at creation, God implies, he will see God's glory revealed. This has been found to be true throughout the ages. All of God's goodness, grace, and love are revealed in the world, if we will just take the time to notice it. Today, try to pay attention to your world, and see what it teaches you about God.

Pray: As I observe my world, O God, I see your glory and grace revealed in it.

SATURDAY 30 MAY 2026

Read: Psalm 8

Reflect: Yesterday we acknowledged that God is revealed through creation. Today's Psalm takes that theme even further. Not only is God's glory and majesty revealed throughout the earth, but so is our humble state as human beings. Even though God is the great Creator of all, God has given us glory and honour and made us caretakers of the world. This does not mean that we can do with it

whatever we like. It means that God has entrusted us to cooperate with God's purpose for creation, and care for the earth as God would.

But it also means something even more glorious. When we speak of God as Trinity, we celebrate that God is a loving community within God's own nature. And, by giving us God's grace and love, God has included us in this loving community and united us with God. This is what the Scriptures mean when they say that we have been "included in the beloved". But this beloved community also reaches out to embrace all of creation. This is why it is so important that we care for the earth. Not only is God's grace and glory revealed through us, but it can be seen in everything that has been made, and God's love embraces all things, filling the whole cosmos.

How can you experience your belonging in God's beloved community today? And how can you care for your part of the world as a God-beloved creation?

Do: When we realise how God has welcomed us, we cannot help but seek to extend that welcome as far we are able. This means that we seek to welcome all people as beloved brothers and sisters in God's love. It also means that we welcome all of creation as a reflection of God's grace and glory. Go through today and seek to welcome everything and everyone - from birds and plants to people - with God's love.

Pray: As you have welcomed me into your beloved community, O God, so I seek to embrace all people and all things with your love.