

Launde 2019 – Echoes from Ephesians led by the Rev David Butterfield

David led us on a truly inspiring whistle-stop tour of Paul's letter to the Ephesians, skilfully enabling us to allow Paul's words to echo around our lives. We are reminded at the outset that we are blessed with every spiritual gift; these gifts are there in 'the cloud', do we need to download them into our own lives so that they become real to our experience?

David told us about his visit to the Grand Canyon, no picture could possibly have prepared him for the revelation of being there. You have to be there to experience it, to have the 'eyes of your heart enlightened'. Verse 18 of chapter 1 can be a prayer for us to have that wow factor reignited!

And the wow factor can transform our lives from death to life, seeing God's mercy, and love, and receiving God's grace – the undeserved generosity of God, for we are God's masterpiece! He has prepared good works for us to do.

Paul said in 3:14 that he knelt in prayer before the Father. In Session 4 David reminded us how posture influences our prayer, and how prayer influences posture. What does 'filled with all the fullness of God' mean to us and how might it influence our posture in prayer?

On Saturday evening we were treated to a wonderful insight into the words and music of Psalms, Hymns and Spiritual Songs. We were encouraged to think more deeply about the words we sing, whether they are vertical – sung to God, horizontal – sung to each other, or songs sung to ourselves.

We started the day on Sunday inspired by Paul's encouragement to be renewed in the spirit of our minds (put on new clothes!) and to be strong in the Lord wearing the whole armour of God, closing the retreat in celebration of the Lord's Supper.

We thank David, who is part of *ReSource* (www.resource-arm.net) and for the wonderful encouragement of an inspiring retreat.

David Middleton