

Pastor's Reflection, January 7, 21

Major Deborah Coles, Pastor

### *What would Jesus do?*

You may remember the bracelets with "WWJD" that were popular in the 90's. There's a bit of history to the question "What would Jesus do?" It's an old idea, going way back to "The Imitation of Christ", written by Thomas à Kempis in the 1400's. There was also a book, "In His Steps", by Charles Sheldon in 1890, which made a big impact in the early 1900's. Having read the book, Janie Tinklenbery, a youth leader, wanted her teens to be aware of their choices, and challenged them to ask "What would Jesus do?" She came up with the WWJD bracelet, which became a very popular item in the 1990's.

It's a good question to ask ourselves through the day. "What would Jesus Do?"

How can I be like Him?

I suggest one possible answer to the question WWJD: He would pray.

We could even change the 'tag' to WJWD – What Jesus Would Do.

What Jesus would do, what He modelled for us, is pray. He was in constant communication with the Father. He would spend time alone on the mountainside or in the garden of Gethsemane. When the disciples saw the power and sheer beauty of His life, they asked him to teach them to pray, too.

And He taught them the prayer that we sometimes call "The Lord's Prayer".

There are so many ways to pray. Pray using Scripture: put your own name or situation into what you are reading. Use the acronym "ACTS": spend time in ADORATION, CONFESSION, THANKSGIVING AND SUPPLICATION. Play the 'minutes game.' This was a personal challenge of Frank Laubach. He started by "selecting a favourable hour; try how many minutes of the hour you can remember God at least ONCE each minute; that is to say, bring God to mind at least one second out of every sixty."

Thank God every day for at least three things.

Praying often through the day (and night) is just one way that Jesus lived His life on Earth.

Which of these prayer ideas might 'work' for you? Is there something new you might try?

In 1 Thessalonians 5:17, Paul instructs us to "Pray without ceasing". This sounds impossible UNTIL it just becomes a habit, when we are always aware of God's presence and always in communication with Him.

Jesus DID 'so many things' – He taught, He healed, He reached out to the unwanted/ outsider, He performed miracles....

But for now, let's remember WWJD? – What Would Jesus Do?

WJWD – What Jesus Would Do– is pray.

I invite you into a new year full of conversation with God!

