

Get ready for God

Exodus 12:1-14

God gives Moses specific instructions for the Israelites to prepare for the first Passover, protecting them from the plague that will kill every firstborn in Egypt. This is a day that they will remember and celebrate, forever.

Read this week's passage:



Pray



Put together your own emergency prayer kit for use when travelling or at home when you need prompts for prayer and reflection. You could include: a pocket gospel, holding cross, LED nightlight, a notebook for favourite verses and prayer points, a rosary, prayer bracelet, pilgrim shell. What helps you to spend time with God?

REFLECT

What helps you to feel ready? Consider before you leave the house: your posture, the items you are taking with you, music for your journey, a way of saying goodbye to whoever you are leaving behind. Be more aware of these things over the week.



Consider adding a new daily ritual, e.g. Bible journaling or an evening Ignatian examen, to include getting ready for God in daily life alongside all the other types of getting ready we need to do.

Find more free Roots resources to reflect on this week's theme:



Living Scripture

'This is how you shall eat it: your loins girded, your sandals on your feet, and your staff in your hand; and you shall eat it hurriedly.'
Exodus 12:11

The Scouts' motto, 'Be prepared', could sum up this verse. Who's best in your household at being prepared each day? Are you a 'Ready Eddie' or a 'last-minute.com'? Are you prepared for surprises as well as the daily routine?

Some of us thrive in unexpected situations, but most of us find it easier to cope when we've had time to reflect and prepare. Public bodies such as local councils, schools, and emergency services have plans and drills in place for crises such as major floods. Do you have any emergency preparations in place, e.g. what to do if you get locked out or fall over?

What might it mean for us to be prepared for our Christian faith journey? Ephesians 6:10-18 speaks of putting on the 'shoes of the gospel' – being ready to follow God's path and spread God's message. Like a runner trains for a race, what kind of 'training' can we do to keep us fit to follow Jesus? And why not take time each day to ask God to highlight every opportunity to trust God – and see what happens!

First impressions

- Do you like to prepare well in advance or get things ready at the last minute?
- What might it mean to be ready for God?
- Is it easy to keep being ready as you wait?



Pray

Lord, now we're **ready** to follow you, we're all **set** to carry your message, and **go** out into the world, spreading your love and peace. Amen.



Enjoy

Share a special meal together at home. Prepare it together and set the table, including something to remind you of God, e.g. a candle. Before you begin, pray a grace over your meal to finish your preparations.