

Onesímus

READ

- You might like to read the short book of Philemon or listen to it [here](#).
- Onesimus means helpful / useful / profitable.
- Onesimus was the fugitive slave of Philemon.
- Onesimus 'became a son' to Paul in prison in Rome.
- Paul makes a play on the meaning of Onesimus' name when he indicates that as a believer, Onesimus has now become 'useful'.
- Paul, who cared deeply about Onesimus, asks Philemon to accept Onesimus back as a brother and a believer.
- The story of Onesimus is one which highlights forgiveness and reconciliation.



REFLECT

- You might like to read the book once more and pause at a word or phrase that strikes you.
- Meditate over this word or phrase with God until you come to a point of stillness.
- What do you sense God's invitation to you might be and how do you want to respond?
- As you finish your time of prayer you might like to thank God for Philemon and what God has to teach you through his story.
- You might like to close your time of prayer by praying the Lord's Prayer.



RESPOND

- At some point this week you might like to pray practically with what you have read about Philemon.
- You could do this through collage, poetry, bible art journalling, or another creative approach.
- You might like to remember your experience of God's forgiveness and how this has impacted on your forgiveness of others.
- As you look back you might notice areas where God is inviting you to forgive yourself.
- Next time you have a bath or a shower become aware of the cleansing forgiveness of God.



ONESIMUS

Less or more.
Full or empty.
Belief or unbelief.
Forgiven by God
As yet unforgiven by man?
What right do I have
not to forgive what God forgives?
It is sometimes an impossible ask.
The hurt goes too deep.
I cannot forgive.
I can but hesitantly ask
to desire
to desire
a forgiving
heart

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