

MONDAY—JOURNEYING

Reading & Reflection

22/02 Read Nehemiah 2:1-8

Reflect, how has God featured in your journey decisions.

01/03 Read Acts 9:10-19

Reflect, have you ever experienced a life changing journey?

08/03 Read Luke 9:1-6

Reflect, how might over preparation inhibit our experience of journeying the way?

15/03 Read Acts 16:6-10

Reflect, what does it feel like when your journey is diverted?

22/03 Read John 4:1-15

Reflect, on an occasion when a break in a journey has led to a wonderful discovery.

Holy Week Read Mark 11:1-11

Reflect, think of any journey you made which you did not want to make, how did you feel?

Loving God you journey with us, you are present in the diversions and the breaks, in the discoveries and the fears. As we journey out and journey inwards may we seek your guidance, and trust in your strength through difficult times. **Amen.**

TUESDAY—WILDERNESS

Reading & Reflection

23/02 Luke 4.1-11

02/03 Nehemiah 9:19-21

09/03 Hebrews 2: 17-18

16/03 Hebrews 4: 14-16

23/03 James 1:2-4,12

Holy Week Luke 22:40-46

Lord God, you led your Son Jesus into the wilderness, a place of testing and hardship. He wrestled with temptation but did not succumb to Satan's lies. In the solitude of the harsh desert landscape he found you right there with him, the ultimate provider, protector and guide. When we find ourselves in the wilderness of confusion and pain, when we are overwhelmed with doubt and fear we find that you are with us, just as you were for Jesus. Like streams of living water in a dry desert, your love brings life to our weary souls, refreshing us, renewing us and making us whole.

Amen

LENT REFLECTIONS 2021



A Prayer to begin each day

You are our peace, O Lord. From the thousand wearinesses of our daily life, from the disappointments, from the sadness, from the nervous and senseless haste, we turn to you and are at peace in this season of Lent. Please, Lord, be with us at every moment and in every place. Give us the strength and the courage to live this season faithfully, so that, when Easter comes, we will be able to taste with joy the new life which you have prepared for us.

Amen

WEDNESDAY—SILENCE

'Be still and know that I am God.' Ps 46.10

Jesus often went off to pray in a quiet place, to still his mind and collect his thoughts. The times of quiet either alone or with two or three disciples enabled him to listen to the Father's will for him. Words are not always necessary in prayer, just being present with God in the stillness is enough. When we cannot express the depths of our longing, our hopes and fears, our joys and our sorrows, silence is a gift. God will fill the void when we have nothing to say, when we are exhausted by trying but no words will come. Take time to pause, to be still in God's presence. Find a comfortable place to sit, close your eyes and take some deep breaths. As you breath out let your tension go. Focus your mind on being in God's presence and listen for God's still, small voice of calm in the silence.

THURSDAY—TESTING

Reading & Reflection

Test: examine, try out, assess, undergo trial, put under pressure

18/2 Examination Psalm 139

'God, you search me and you know me'

Relax with God who knows and loves you completely. Open your heart.

25/2 Testing times Matt. 4:1-4:

'not by bread alone...'

Where do you go to in the Bible to find words to guide you on your faith journey? Psalms? One of the gospels?

4/3 Testing times Matt. 4:5-7

'Do not put the Lord your God to the test'

How do you picture God? Can words ever be enough? Be still, and let God be God.

11/3 Testing times Matt. 4:8-11

'Worship the Lord your God and serve only him'

How might God be calling you to serve today?

18/3 Assess 1 Cor. 13

'without love, I am nothing'

What are your strengths? Your weaknesses?

Make an honest assessment...

Give thanks for your uniqueness.

25/3 Test results 1 Cor. 3:10-15

'choose with care how to build'

Are there any steps of faith God is calling you to test out today?

1/4 Pressure Luke 22:39-41

'he withdrew from them and prayed'

If you can, go out into your garden alone and share your worries with God.

FRIDAY—THE WORLD

Reading & Reflection

19/02 Rom 8: 19 – 23

26/02 Psalm 24: 1-6

05/03 Isaiah 65:17-19

12/03 2 Corinthians 4:16-18

19/03 2 Corinthians 5:17-21

26/03 John 16:20-24

Good Friday John 3:16-17

Creator God, we pray today for the world you created with love. When we look up and see the sun, the moon, the stars and the mountains we stand in amazement at their majesty. We thank you for the fruit, vegetables and animals that sustain us, and the oceans and rivers that water the land and quench our thirst. And we praise you for the creation of humankind, with all our uniqueness and yet made in your image.

Help us to protect and restore that which has been damaged or destroyed by the greed of humankind. Give us the wisdom and will to keep safe those communities affected by global warming, other natural disasters and war.

Speak through us to governments and authorities so policies will be just and caring, and resources will be fairly administered. Raise up peacemakers who can influence countries at war and be with charities who support and assist refugees and those suffering from discrimination, violence or the effects of climate change.

Make clear to us all Lord, your way of love as we seek to spread your Kingdom throughout the world. **Amen**

SATURDAY—SORROW

Reading and Reflection

20/02 Psalm 145: 8 – 9 (GNB)

⁸The LORD is loving and merciful, slow to become angry and full of constant love. ⁹He is good to everyone and has compassion on all he made.

27/02 Isaiah 53.3-4

06/03 Isaiah 61.1

13/03 John 16.19-22

20/03 James 5.10-11

27/03 Rev 21.4

Holy Saturday Isaiah 53.5-7

God of compassion we pray for all those who are grieving or feel sorrow at this time. We know that wherever we are, you are with us because we are all precious to you. We know you suffered too Lord and knew hurt and pain, and so we pray for all who are suffering or feeling anxious in any way and ask that you will heal our brokenness and surround us in your loving presence. Watch over us Lord as we journey with you. Take our hands and lead us into the dawn of a new day full of your light, hope and peace. We put our trust in you, Lord, feeling your love supporting us and knowing we can face the world anew because you are always by our side. We thank you Lord, for your gracious, compassionate nature. **Amen**