

Lenten Reflections - 1

March 9, 2022

Piano Prelude: Let there be Peace on Earth

Prayer

God of love, as in Jesus Christ, you gave yourself to us, so may we give ourselves to you, living according to your holy will. Keep our feet firmly in the way where Christ leads us; help our lips speak the truth that Christ teaches us; fill our bodies with the life that is Christ within us. In his holy name we pray. Amen.

Hymn: VU 111: As the Sun with Longer Journey

Reflection

Lent is a period of 40 days from the start of Ash Wednesday until Easter Sunday – not including Sundays. It is a period of prayerful reflection and our own personal preparation for the Easter Rising. It is connected to Jesus' journey into the desert where he discerned his purpose and the end of his life here on Earth. Jesus fasted for 40 days and prayed. Jesus wrestled with his impending demise and his purpose here on earth. For us humans we can use Lent to bring peace into our lives, to connect with God, to seek respite and yes, express gratitude for all that we have been bestowed upon us.

Lent started this year on March 2nd and will end on April 17th when once again we can say the "H" word in praise of our God and his precious son. This year with the invasion of Ukraine I feel that it is important that we devote time in our busy schedules to prayer.

So how do we prepare for Lent and this time of thoughtful prayer. Are we equipped in these modern times to enter this season? Can we make time to devote ourselves to a higher purpose? Can we tear ourselves away from the daily distractions of life in the 21st century?

One suggestion is to set a time of day when you can pray and connect to God – the maker of the universe. We should spend at least 5 minutes and more if we can, in silence asking God to speak to us. Find a quiet place without distractions – a corner in a room – a chair in your living room – you can light a candle and do some deep breathing exercises to prepare yourself for prayer. Make sure you are comfortable and warm and have a glass of water should you need it. You may find that 5 minutes turns into a longer period of time. You can use a mantra if you want. I use Holy, Holy, Holy as one of my mantras. Close your eyes and invoke the Holy Spirit. Think about how Jesus wandered in the desert. Are we in that desert sometimes too? Be at peace and be in silence as you listen for the word of God.

Hymn: MV 84: In You There is a Refuge

Prayer

God of the journey. We wander through the wilderness hoping to find what we are searching for. As we search, may we be strengthened by your presence. You are our water in the desert, the quench for our thirst, you are our rainbow after a summer storm or the beauty in the glistening snow on trees gleaming with the brightness of your true and forgiving love. We beseech you to be with us through the daylight and in the dark corners of our lives and also when we slumber in healing sleep.

Lord God – we are grateful for time of Lent knowing that we could never spend 40 days in the wilderness as Jesus did. We cannot walk in his sandals, but we can walk on the path that he carved for us asking us to be caring and loving people, working towards justice and reconciliation. Loving our Neighbours.

Hymn: MV 82: Bathe Me in Your Light

Closing words: May God guide you in your journey of Lent. Remember to take time to sing if you can, or listen to some beautiful and inspiring music, and take time to settle and enter into silence so that your spiritual self can grow and learn. Make this a part of your daily routine if only during Lent.