

Lent Meditation: Week 1

Let the Living Water Lead Us

Invocation

God of imagination, you show yourself to us in so many ways. During this time of Lent, we remember the stories of Jesus and how he used everyday objects to show us your power and your love. This year we look at how you used water to teach and to sooth and to remind us that we are all truly connected in this life-giving substance. Be with us as we remember Jesus' time on earth and inspire our own imaginations to more fully experience you.

Confession

Here we are Lord, a little impatient for the coloring to begin. A little irritated at the temperature of the room. A little annoyed by the person sitting next to us. Help us to put everything else away and to relax in your presence. Help us to imagine what it would have been like to walk with Jesus out in the desert - separated from life giving water and friends. Forgive us for taking these things for granted. Teach us what it would be like to always walk with you. Amen

Matthew 4:1-11 (NRSV)

Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. He fasted for forty days and forty nights, and afterwards he was famished. The tempter came and said to him, 'If you are the Son of God, command these stones to become loaves of bread.' But he answered, 'It is written, "One does not live by bread alone, but by every word that comes from the mouth of God."'

Then the devil took him to the holy city and placed him on the pinnacle of the temple, saying to him, 'If you are the Son of God, throw yourself down; for it is written, "He will command his angels concerning you", and "On their hands they will bear you up, so that you will not dash your foot against a stone."' Jesus said to him, 'Again it is written, "Do not put the Lord your God to the test."'

Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendor; and he said to him, 'All these I will give you, if you will fall down and worship me.' Jesus said to him, 'Away with you, Satan! for it is written, "Worship the Lord your God, and serve only him."' Then the devil left him, and suddenly angels came and waited on him.



Prayer

Leader: Creator God, we give you thanks and praise that you have given us this living earth and cool water. Show us how to care for the earth and reassure us that you are with us when we feel very alone.

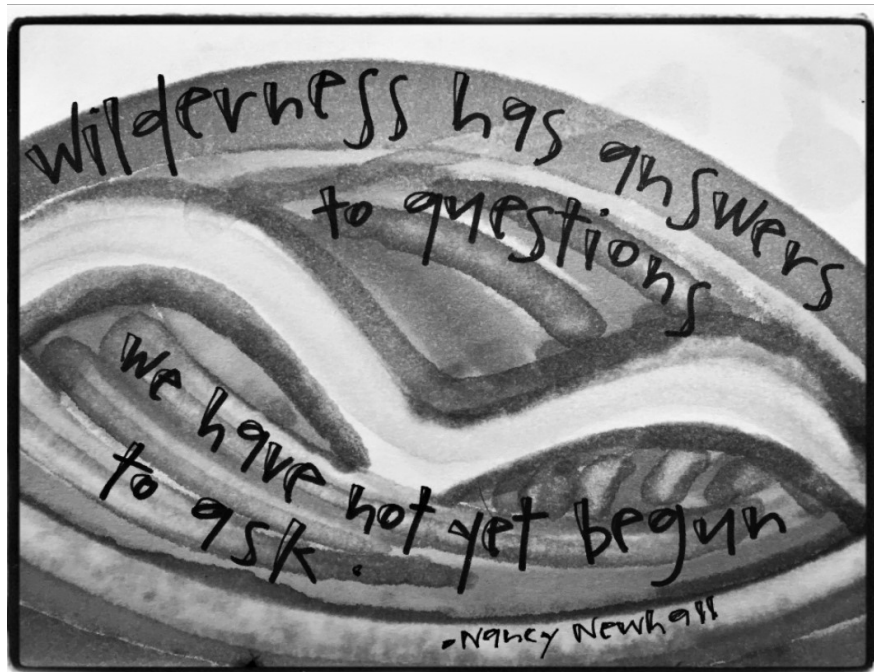
All: Let the Living Water lead us.

Leader: Jesus, we give you thanks for showing us how to travel far from our comfort zones and how to keep our imaginations pointed toward God.

All: Let the Living Water lead us.

Leader: Spirit of God, you flow into us like sweet water into a jar. Fill us with your joy and peace as we imagine how to help those in need.

All: Let the Living Water lead us. Amen



The Temptation of Jesus

A time of silence

You are invited into a time of reflection and a spiritual practice called Ignatian Contemplation. It invites us to use our imaginations to put ourselves into the story. Read the lesson to yourself. Then retell the story using "I sentences." For example: "I walked into the desert, knowing that I would not eat or drink for a very long time." (Jesus' point of view) or "I flew over the man walking into the desert and I noticed..." (a desert bird's point of view). Add sights, smells, colors, and feelings to your story. You might want to write down your story, or tell it to another person. Then add color to the image on the front. Today, you might like to use warm desert colors to remind you of Jesus' fast.

A blessing

May Creator God bless us with clean water.

May Jesus the Christ bless us with living water.

May the Spirit of God bless us as we follow where the water leads us. Amen

Lent 2017 Week 1

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