

Lent Meditation—Week 1

Committing to Live in Relationship with God

Invocation

God of relationship, God of Trinity, you flow through the cosmos and through our lives. We are so happy that you wish to be in relationship with us. During these 40 days of Lent, we will renew and strengthen our relationship with you by looking at the covenants you have made with us. We invite you to open our hearts and souls to new ways of relating to you and new ways of stepping into relationship with you.

Confession

Here we are, Lord – more than just a little skeptical about committing to anything new. Our lives are already filled with commitments and we don't need anything more. Help us to understand that by committing to wading into the water of our relationship with you, we will actually be helped along by your current and refreshed by your promises. Be patient with us Lord and help us to hear you call us into relationship.

Genesis 9:16-17

God said, "When the bow is in the clouds, I will see it and remember the everlasting covenant between God and every living creature of all flesh that is on earth." God said to Noah, "This is the sign of the covenant that I have established between me and all flesh that is on earth."

Mark 1:11

And a voice came from heaven, "You are my Son, the Beloved; with you I am well pleased."

Prayer

Leader: Creator God, we give you thanks and praise that you made everything on earth and saw that it is good. Help us to commit to taking care of your creation just as you committed to a continuing relationship with all the creatures of the earth.

All: Help us to walk in relationship with God.

Leader: Jesus, even before you started your ministry, God called you Beloved. Help us to understand that we are all Beloved of God as well. And in that relationship, we need only to be aware of God in all things and in all people.

All: Help us to walk in relationship with God.

Leader: Spirit of God, lead us to action. Just as a river changes the landscape little by little as it flows, lead us to do the small things that will care for your people and for every living thing.

All: Help us to walk in relationship with God. Amen

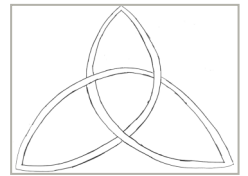
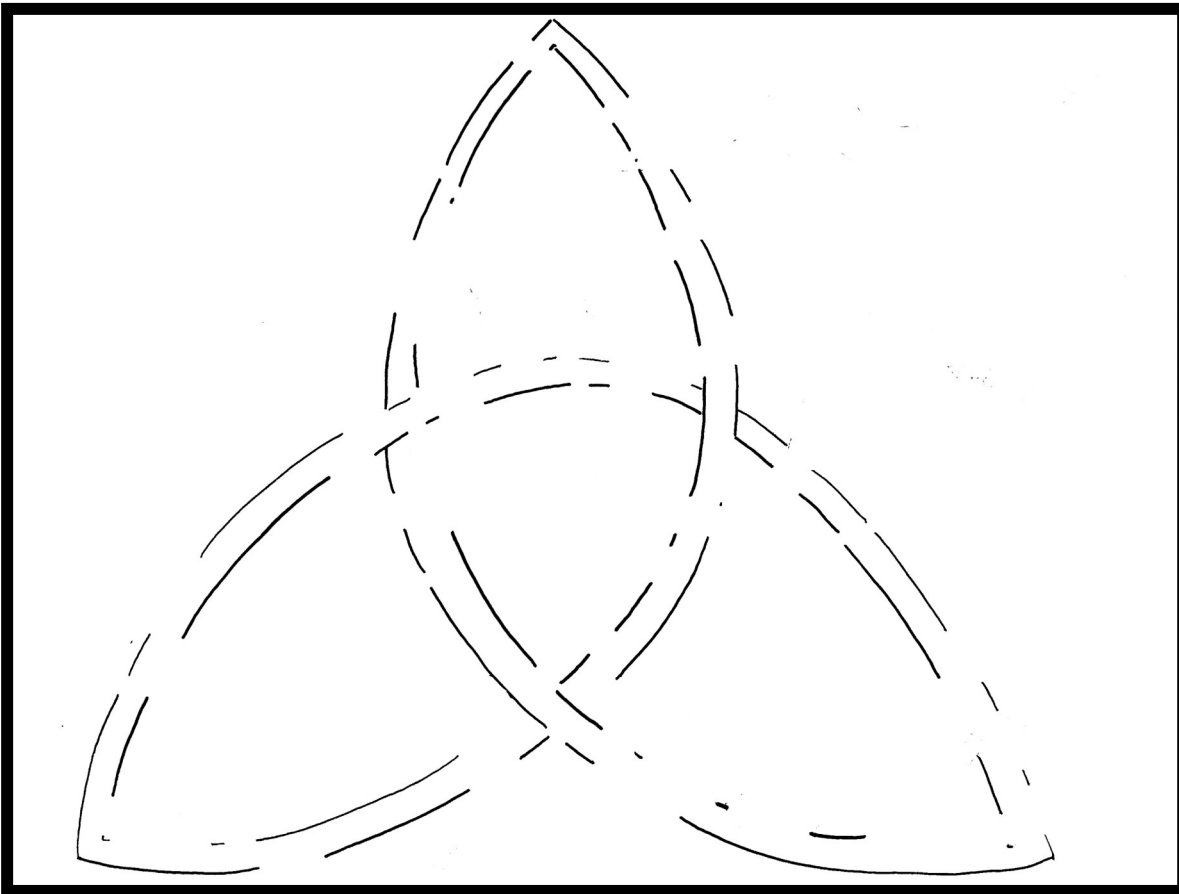


A time of silence

You are invited into a time of silence. This year we are looking at how the Celtic knot can lead us into a Spiritual practice. This type of drawing follows the flow of a design by going **over** and then **under** the lines that intersect it. We understand that this rhythm reflects our awareness of God. Sometimes we see God's presence plainly and sometimes we cannot see God anywhere. Even so, we continue in our relationship, trusting that we will be "over" again soon.

Each week another design will overlay the ones before it. Choose a color for each design, one that makes you think about that Covenant. Follow the design as a prayer. Say "over" and "under" as you come to intersections. Contemplate how you see that kind of relationship in your life.

Perhaps you would like to make your own design. With a pencil, lightly draw a simple squiggle on the back, making sure that it overlaps itself at points. Now closely outline the periphery of the image as well as the inner loops. Now you can start at any point erasing and emphasizing the intersections – always going **over** and then **under**. Remember that this is also a prayer for us to be in relationship with God.



Covenant knot—Week 1

A blessing

May God bless us when it is easy to see the rainbow.
May God bless us when we are under the clouds of doubt.
May we always journey in relationship with God.

Lent 2018 Week 1

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