



Lent Meditation—Week 3

Committing to Live in Relationship with God

Invocation

God of relationship, God of Trinity, you flow through our lives. We are so happy that you wish to be in relationship with us. Be with us this week as we contemplate the ways you have shown us that will help to keep us in your flow. 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 again, Lord. This week is a really hard one for us. It's easy to look at the rainbow and accept your promise, or to ponder the generations and accept your promise. Now it's time to look at what we might do to give back. Help us to understand that when we are in relationship with you, the guidelines you give us are like life preservers. They help us to see how to stay in the current and not get swept into some eddy that isn't going anywhere. Give us open hearts to accept these agreements with joy, knowing that if we slip up, you are always there with Grace to help us back into your way.

Exodus 20:1-17 (abridged)

Then God spoke all these words:

I am the Lord your God, you shall have no other gods before me.

You shall not make for yourself an idol.

You shall not make wrongful use of the name of the Lord your God.

Remember the Sabbath day, and keep it holy.

Honor your father and your mother.

You shall not murder.

You shall not commit adultery.

You shall not steal.

You shall not bear false witness against your neighbor.

You shall not covet anything that belongs to your neighbor.

Prayer

Leader: God of Noah and Abraham and Moses, we thank you that first among your commandments is a plea to keep you first. If we stay in relationship with you, we will notice your creation and we will delight in it and we will take care of it.

All: Help us to walk in relationship with God.

Leader: Jesus, we thank you that you showed us how to treat each other. You taught us that the spirit of the law is more important than the letter of the law. You taught us that when we stray, you are always there to help us back into a loving relationship with God.

All: Help us to walk in relationship with God.

Leader: Spirit of God, lead us to action. A river will stay its course and not change directions as it chooses. Help us to keep a steady discipline of walking with you and supporting each other.

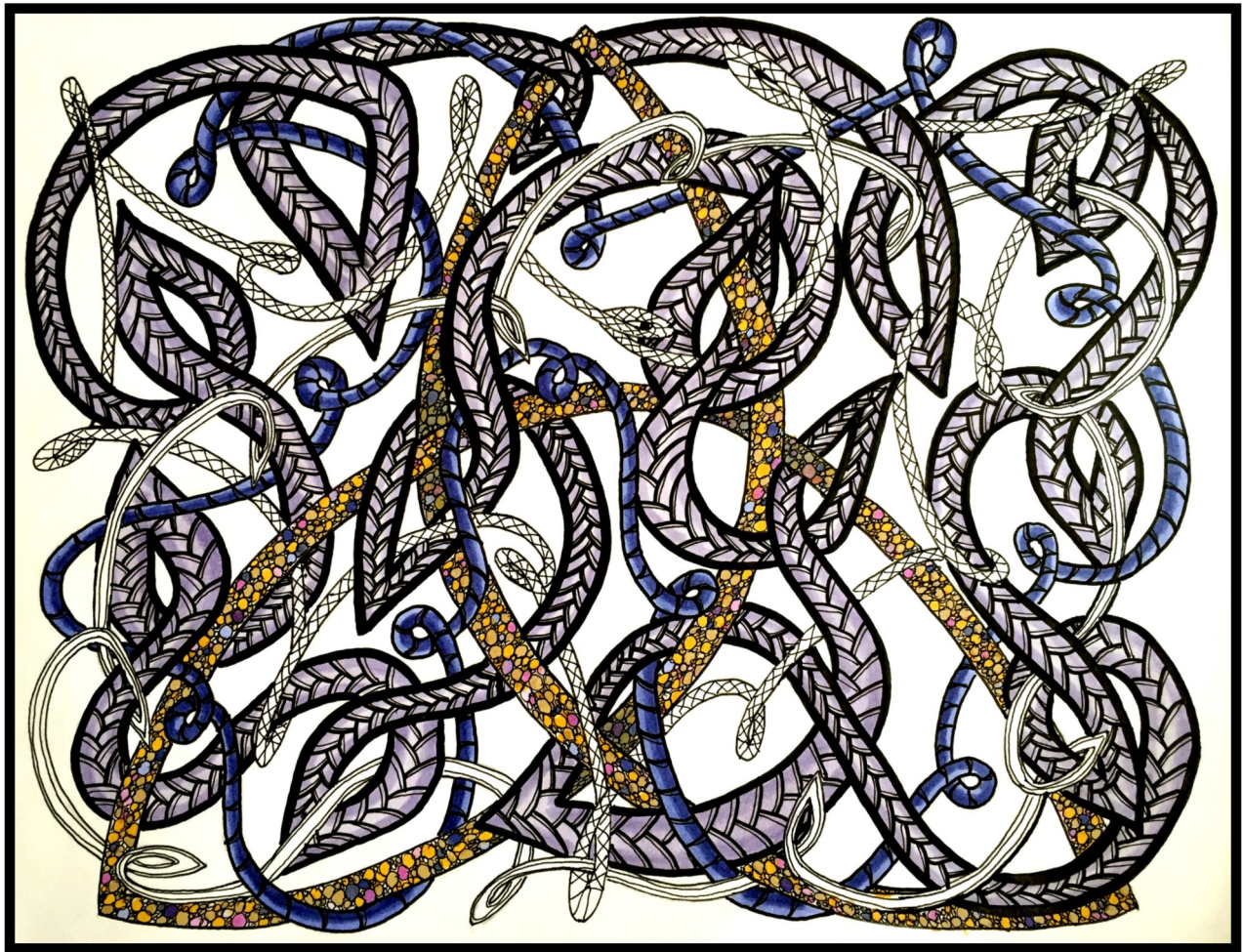
All: Help us to walk in relationship with God. Amen

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.

Notice how two designs have now overlaid the ones before it. Follow each 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 knots—Weeks 1, 2, 3

A blessing

May God bless us when we notice God and delight in God's works.
May God bless us when we honor each other and delight in one another.
May God bless us when we stumble.
May we always journey in relationship with God.

Lent 2018 Week 3

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