

## Lent Meditation—Week 5

### *Committing to Live in Relationship with God*

#### **Invocation**

God of relationship, God of Trinity, you flow through everything and you flow through us. We are so happy and grateful that you wish to always be in relationship with us. We invite you to open our hearts and souls as we look to the future with optimism.

#### **Confession**

**Lord, as we near the end of this time of Lent, we know that the lessons will be hard and painful before Easter. The temptation might be to skip over the bad parts and jump straight to Easter. Be patient with us as we explore the idea that this complicated story has beauty and order and a plan. Help us to look to the future with compassion but also with thanksgiving in the lessons learned and optimism for a better tomorrow.**

#### **Jeremiah 31:31, 33b-34**

The days are surely coming, says the Lord, when I will make a new covenant with the house of Israel and the house of Judah. I will put my law within them, and I will write it on their hearts; and I will be their God, and they shall be my people. No longer shall they teach one another, or say to each other, "Know the Lord," for they shall all know me, from the least of them to the greatest, says the Lord; for I will forgive their iniquity, and remember their sin no more."

#### **John 12:24**

Jesus said, "Very truly, I tell you, unless a grain of wheat falls into the earth and dies, it remains just a single grain; but if it dies, it bears much fruit."

#### **Prayer**

**Leader:** Creator God, create a new covenant in our hearts. Help us to sustain that commitment and relationship and to take joy in its "overs" and "unders."

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

**Leader:** Jesus, we give you a humble apology for the dreadful treatment you received at our hands and at those of our brothers and sisters. We give you thanks and praise that you are bigger than our worst efforts; that your grain of wheat bears much fruit. Help us to look to the future with joy.

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

**Leader:** Spirit of God, inspire us to action. Help us to take the power of our relationship with you and craft that into a healing relationship with your creation, with you, and with each other. Give us strength and energy and compassion.

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



## A time of silence

You are invited into a time of silence. This Lent, we **have looked** at how the Celtic knot can lead us into a Spiritual practice. **We have seen** how 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 the final design has been laid over the ones before it. Notice how complicated the relationship between the designs is. Contemplate the complexity of the knots and how they describe the complexity of our relationships with God and with each other. **Yet each is true and beautiful.*** Follow the designs 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, 4, 5

## A blessing

May God bless our comings and our goings.  
May God bless our overs and our unders.  
May we walk forever in loving relationship with God. Amen

## Lent 2018 Week 5

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