

03-09-25 FOR THE JOURNEY THIS WEEK

“On our own, we human beings do not have the capacity to be holy and perfect. Our holiness is derived from our imitating Christ. Holiness is about followers of Christ leading lives that are different from the dominant cultures of power, abuse, and corruption.”

R. Sidwell Mokgothur

“Create in me a clean heart, O God, and put a new and right spirit within me.”

Psalm 51:10



Luke 4:1-13

Questions for Reflection —

- What is the significance of the season of Lent for you? How do you intend to keep a holy Lent this year? How will you aim to 'grow in the grace and knowledge of our Lord and Savior Jesus Christ' during this holy season? In general is regular engagement with some form of spiritual practice a priority for you? Why or why not? What spiritual practices and spiritual actions might you “take on” during Lent in order to deepen your relationship with God?

- What are some of the ways you have been tested and/or tempted over the course of your life? Of what might your heart presently need to be cleansed? What would it look like for you to engage reflective self-examination of your inner being during this penitential season in order to identify those things which draw you away or distract you from following Jesus? What would you need in order to turn from those things? How will you keep yourself open to God’s guiding Spirit as you seek to recenter your life on God?

- What does the word “fasting” connote for you? Have you ever engaged in fasting from food as a spiritual (as opposed to strictly dietary) practice? Have you ever “fasted” from something other than food? If so, from what did you fast and what insights did you gain? If you have never fasted, what is it about the concept of fasting that challenges you? What would it mean for you to engage a “broad fast” i.e. to engage some form of self-denial for the sake of focusing on your relationship with God and/or to abstain from attitudes or behaviors that detract from your Christian discipleship?

Daily Household Prayer

God, we have to admit that we don’t like Ash Wednesday. We would rather skip the penitence and soul-searching of Lent and skip right to the joy of Easter morning. The world teaches us that mistakes are awful and should be covered up at all cost. We learn to blame others instead of owning up to what we do and the pain we inflict. Give us the strength in this time of Lent to ask for forgiveness for the hurt we cause and the mistakes we make. Remind us that the difficulties of life form and shape us. Teach us how to turn back to you, to love our neighbor, and to reach out to those who suffer. We know Jesus spent forty days in the desert preparing for his ministry to the world. We ask that you use these forty days of Lent to prepare us for our mission to the world in Jesus’ name. Amen.