

02-08-26 FOR THE JOURNEY THIS WEEK

“Isaiah reframes fasting as a practice...fasting is a new set of relationships within ongoing life. The fasting acceptable to God is a daily fast from domination, blaming others, evil speech, self-satisfaction, entitlement and blindness to one’s privilege. The fast that God seeks calls for vigilance for justice and generosity.”

Amy G. Oden



Isaiah 58:1-12 + Matthew 5:13-20

Questions for Reflection —

- What is it within you that needs to shine more brightly? What have you been hiding under a bushel? In what ways are you reluctant to share your unique giftedness? How do you resist shining the light of all God created you to be and do? What do you need in order to allow God’s light shine through you? What does it mean for us as a congregation to be a community of light bearers? How can we be light for one another? How can we be light for the community around us?
- What does it mean for you to be salt? Where do you see the need for the flavoring of the Good News in your family, neighborhood, workplace/school, or larger community? What would it look like for you to be the salt that enhances the “flavor” of God’s love and compassion in those places? How will you commit to living your faith in a way that makes a difference for good in the lives of those you encounter? How can we as a congregation enhance God’s presence and work in our world?
- Have you ever engaged in a physical fast from food as a spiritual discipline? If not, is it something you might consider? If so, what was the experience like? What did it contribute to your spiritual journey and your relationship with God? How might you engage in the fast God seeks—the fast that calls for a whole new way of life? From what behaviors and attitudes might you intentionally refrain in order to act with justice, compassion, and generosity? What would it look like for you to incorporate such fasting into your daily life?

Daily Household Prayer

God, speak your word to us, a lamp unto our feet, so we may know your ways.
Shine your light upon us, so we can see your path.
Shine your light within us so we can know your presence.
Shine your light out through us,
so we can help you bring your love into this world.
In the name of Jesus, the Light of the World. Amen.