



~ Worship Services at 8:30 & 11 am ~

Week 1 ~ **Compass: Finding Direction** ~ Sunday, February 18

Week 2 ~ **Nourishment: Keeping Going** ~ Sunday, February 25
Wholeness & Healing Service

Week 3 ~ **Light: Gaining Wisdom** ~ Sunday, March 4
Communion

Week 4 ~ **Shelter: Finding Security** ~ Sunday, March 11

Week 5 ~ **Water: Enjoying Refreshment** ~ Sunday, March 18

~ Holy Week ~

Palm Sunday ~ Sunday, March 25

Maundy Thursday Last Supper Drama Communion ~ Thursday, March 29
7 pm in Founders' Chapel

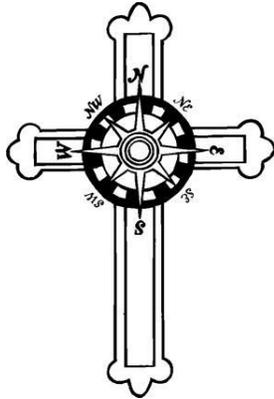
Good Friday Prayer & Meditation ~ Friday, March 30
6-8 pm in The Sanctuary

Easter! ~ Sunday, April 1

When going on a holiday, many of us have certain travel essentials that we feel we must take with us. Many people describe our lives with God as a journey. What then are our travel essentials for our spiritual life? What should we make sure we take with us to help us on the way?

This Lent, we will explore five different Spiritual Essentials for our journey of faith.

Week 1 ~ Compass: Finding Direction



Opening Prayer:

*Loving God, be present with me as I pray. Send your Spirit to open my mind to hear your word, my heart to meet you afresh and my life to follow your will. I ask this through your Son, our Savior, Jesus Christ.
Amen.*

John 14:1-7

"Do not let your hearts be troubled. Believe in God, believe also in me. ²In my Father's house there are many dwelling places. If it were not so, would I have told you that I go to prepare a place for you? ³And if I go and prepare a place for you, I will come again and will take you to myself, so that where I am, there you may be also. ⁴And you know the way to the place where I am going." ⁵Thomas said to him, "Lord, we do not know where you are going. How can we know the way?" ⁶Jesus said to him, "I am the way, and the truth, and the life. No one comes to the Father except through me. ⁷If you know me, you will know my Father also. From now on you do know him and have seen him."

Questions for Reflection:

"Turmoil & Trust"

- ❖ How did you relate to Thomas' outburst, "We don't know where you are going, how can we know the way?"
- ❖ What do you think it means for Jesus to be "the way?"
- ❖ How would you describe the difference between turmoil and trust?

Trusting God

- ❖ How realistic a command is it to trust God and not be in turmoil?
- ❖ Do you think Thomas was satisfied with Jesus' answer to him? Does it help you?

God, Our Destination & Jesus, Our Life's Direction

- ❖ What might our lives look like if we understand our life's purpose as coming to the Father?
- ❖ What does it mean in practice for Jesus to shape the direction of our whole lives?
- ❖ Do you feel that you know where you are going?

Direction in Everyday Life

- ❖ What, in life, counts as a small, detailed decision and what as something that indicates your life's overall direction?
- ❖ Can your small decisions affect your life's directions? Does your life's direction affect the small decisions you make?
- ❖ How much does it matter if we get a few small decisions wrong?

In this box, write a life question or issue that is important for you at the moment (job, family, home, etc.) Dedicate yourself to praying about this question throughout your Lenten journey.

Closing Prayer:

God of the day and of the night, in me there is darkness.
But with you there is light.
I am lonely, but you do not leave me;
I am feeble in heart, but with you there is help;
I am restless, but with you there is peace.
In me there is bitterness, but with you there is patience.
I do not understand your ways, But you know the way for me.
Now and forever. Amen.

(Dietrich Bonhoeffer 1906-45)

Week 2: Nourishment: Keeping Going



Opening Prayer:

Loving God, be present with me as I pray. Send your Spirit to open my mind to hear your word, my heart to meet you afresh and my life to follow your will. I ask this through your Son, our Savior, Jesus Christ. Amen.

John 6:25-35

²⁵ When they found him on the other side of the sea, they said to him, "Rabbi, when did you come here?" ²⁶ Jesus answered them, "Very truly, I tell you, you are looking for me, not because you saw signs, but because you ate your fill of the loaves." ²⁷ Do not work for the food that perishes, but for the food that endures for eternal life, which the Son of Man will give you. For it is on him that God the Father has set his seal." ²⁸ Then they said to him, "What must we do to perform the works of God?" ²⁹ Jesus answered them, "This is the work of God, that you believe in him whom he has sent." ³⁰ So they said to him, "What sign are you going to give us then, so that we may see it and believe you? What work are you performing?" ³¹ Our ancestors ate the manna in the wilderness; as it is written, 'He gave them bread from heaven to eat.'" ³² Then Jesus said to them, "Very truly, I tell you, it was not Moses who gave you the bread from heaven, but it is my Father who gives you the true bread from heaven." ³³ For the bread of God is that which comes down from heaven and gives life to the world." ³⁴ They said to him, "Sir, give us this bread always." ³⁵ Jesus said to them, "I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty."

Questions for Reflection:

"Spiritual Nourishment"

- ❖ What are the three kinds of food Jesus talks about in the passage?
- ❖ How are they similar? Different?
- ❖ What do you think food that lasts into eternal life is?

"Your Own Spiritual Nourishment"

- ❖ Where in your life do you find the kind of nourishment Jesus brings?
- ❖ Where do you find food lacking in nourishment...like junk food that fills you up to start, but leaves you feeling hungry?
- ❖ Do you always find sustenance where you expect to find it or are you sometimes surprised?

"Nourishment and Priorities"

- ❖ Do you expect to be nourished in your spiritual life? How often...daily, weekly, rarely?
- ❖ What do you do if you find you are not being nourished spiritually?
- ❖ Do you find yourself constantly running on empty? What might you do to avoid this?

In this box, write down something you want to remember about spiritual nourishment. It might be a quote, something someone said, something you want to think about some more, an issue in your own life's direction that needs more reflection.

Closing Prayer

In a world of spiritual hunger...
To those with no strength to carry on...
To those in need of nourishment...
Even to me, Jesus, you say
"I am the bread of life."
Guide me, O thou great Redeemer
Pilgrim through this barren land.
I am weak, but thou art mighty;
Hold me with thy powerful hand.
Bread of heaven, bread of heaven,
Feed till I want no more;
Feed me till I want no more.
Amen.

(This prayer ends with the first verse of "Guide Me, O Thou Great Redeemer" written by William Williams, 1717-1791)

Week 3: Light: Gaining Wisdom



Opening Prayer:

Loving God, be present with me as I pray. Send your Spirit to open my mind to hear your word, my heart to meet you afresh and my life to follow your will. I ask this through your Son, our Savior, Jesus Christ. Amen.

John 1:4-10, 5:35-36

⁴ in him was life, and the life was the light of all people. ⁵ The light shines in the darkness, and the darkness did not overcome it.

⁶ There was a man sent from God, whose name was John. ⁷ He came as a witness to testify to the light, so that all might believe through him. ⁸ He himself was not the light, but he came to testify to the light. ⁹ The true light, which enlightens everyone, was coming into the world.

¹⁰ He was in the world, and the world came into being through him; yet the world did not know him...

³⁵ He was a burning and shining lamp, and you were willing to rejoice for a while in his light. ³⁶ But I have a testimony greater than John's. The works that the Father has given me to complete, the very works that I am doing, testify on my behalf that the Father has sent me.

Questions for Reflection:

Lamps that Light the Way

- ❖ What does it mean for the darkness to be able neither to take possession of nor to comprehend the light?
- ❖ What does it say about Jesus that he is the light of the world?
- ❖ What does this title/description mean about who Jesus is and why he came?

Our Own Call to be Lamps

- ❖ What do you think Jesus meant by telling us to let our light shine before others?
- ❖ What might letting your light shine before others require you to do in your everyday life?

Light in Our Everyday Lives

- ❖ When the sun shines we rush out to sit in it and bask in its light. How often do you sit in the light of Christ, and what does that entail?

- ❖ When you need guidance about something (e.g. about who you are or what to do next), how do you go about getting it?
- ❖ How might the light of Christ help to illuminate the decisions you need to make?

In this box, write down something you want to remember about the true light. It might be a quote, something someone said, something you want to think about some more, an issue in your own life's direction that needs more reflection.

Closing Prayer

Jesus, light of the world
Shine your light on your people
In the darkness of this world's night
Shine your light on those who need you
Enkindle the flame of my heart
Shine your light on me
And send me and your church into the world as lights for you
Lighten the darkness
Lord, I pray,
And in your great mercy
Defend your people from all perils and dangers of the night
For the love of your only Son,
Our Savior Jesus Christ.
Amen.

(Adapted from "Common Worship: Services and Prayers for the Church of England, Church Publishing House, 2000.)

Week 4: Shelter: Finding Security



Opening Prayer:

Loving God, be present with me as I pray. Send your Spirit to open my mind to hear your word, my heart to meet you afresh and my life to follow your will. I ask this through your Son, our Savior, Jesus Christ. Amen.

John 10:7-17

⁷ So again Jesus said to them, "Very truly, I tell you, I am the gate for the sheep. ⁸ All who came before me are thieves and bandits; but the sheep did not listen to them. ⁹ I am the gate. Whoever enters by me will be saved, and will come in and go out and find pasture. ¹⁰ The thief comes only to steal and kill and destroy. I came that they may have life, and have it abundantly.

¹¹ "I am the good shepherd. The good shepherd lays down his life for the sheep. ¹² The hired hand, who is not the shepherd and does not own the sheep, sees the wolf coming and leaves the sheep and runs away—and the wolf snatches them and scatters them. ¹³ The hired hand runs away because a hired hand does not care for the sheep. ¹⁴ I am the good shepherd. I know my own and my own know me, ¹⁵ just as the Father knows me and I know the Father. And I lay down my life for the sheep. ¹⁶ I have other sheep that do not belong to this fold. I must bring them also, and they will listen to my voice. So there will be one flock, one shepherd. ¹⁷ For this reason the Father loves me, because I lay down my life in order to take it up again.

Questions for Reflection:

"Places and Situations of Safety"

- ❖ We live in a world in which safety of any kind is increasingly hard to find. What are the circumstances and/or places where you feel most safe?
- ❖ Why do you think Jesus uses two images in this passage, that of being a gate, as well as being a shepherd?
- ❖ What connects these two images? How do they differ?
- ❖ What did it mean for Jesus to "put his soul on the line" for his sheep?

“Biblical Images of Security”

There are a range of images of shelter or safety that can be found in the Bible. Some of them are:

Psalms 17:8 “Guard me as the apple of your eye; hide me in the shadow of your wings...”

Psalms 18:30-31 “...he is a shield for all who take refuge in him. For who is God except the LORD? And who is a rock besides our God?”

Psalms 18:2 “The LORD is my rock, my fortress and my deliverer, my God, my rock in whom I take refuge, my shield, and the horn of my salvation, my stronghold.”

Psalms 27:5 “For he will hide me in his shelter in the day of trouble; he will conceal me under the cover of his tent; he will set me high on a rock.”

Matthew 23:37 “How often have I desired to gather your children together as a hen gathers her brood under her wings and you were not willing!”

Revelation 21:3-4 “See, the home of God is among mortals. He will dwell with them; they will be his peoples, and God himself will be with them; he will wipe away every tear from their eyes.”

- ❖ What are your favorites from the images above? Why?
- ❖ Are there others that come to mind?

“Safety and Risk”

- ❖ Is being safe the same as being risk free?
- ❖ Is it possible to risk everything while still being safe?
- ❖ If it is possible, what does that demonstrate about the nature of safety?
- ❖ Are there times when it is necessary to risk things in order to achieve safety?

“Security in Life”

- ❖ What kinds of things do you associate with the word security? (Money? Relationships? Career?)
- ❖ If you looked to Jesus to provide you with security, would this change how you relate to your money, career, etc?
- ❖ What would it mean to look to Jesus for safety?
- ❖ Is this just a nice idea or would it make a practical difference for your life?

In this box, write down something you want to remember about spiritual nourishment. It might be a quote, something someone said, something you want to think about some more, an issue in your own life's direction that needs more reflection.

Closing Prayer

O God, you are my refuge and my shield
I find my rest in you
You are the stronghold and deliverer of your people
We find our rest in you
You are the rock, in you I trust
I find my rest in you
In you, your people find shelter from the storm
We find our rest in you.
You inspire, O Lord, I delight in praising you,
Because you made me and all people for yourself;
Our hearts are restless until they find their rest in you.

(St. Augustine, AD 354-430)

Week 5: Water: Enjoying Refreshment



Opening Prayer:

Loving God, be present with me as I pray. Send your Spirit to open my mind to hear your word, my heart to meet you afresh and my life to follow your will. I ask this through your Son, our Savior, Jesus Christ. Amen.

John 4:5-18

⁵ So he came to a Samaritan city called Sychar, near the plot of ground that Jacob had given to his son Joseph. ⁶ Jacob's well was there, and Jesus, tired out by his journey, was sitting by the well. It was about noon.

⁷ A Samaritan woman came to draw water, and Jesus said to her, "Give me a drink." ⁸ (His disciples had gone to the city to buy food.) ⁹ The Samaritan woman said to him, "How is it that you, a Jew, ask a drink of me, a woman of Samaria?" (Jews do not share things in common with Samaritans.) ¹⁰ Jesus answered her, "If you knew the gift of God, and who it is that is saying to you, 'Give me a drink,' you would have asked him, and he would have given you living water." ¹¹ The woman said to him, "Sir, you have no bucket, and the well is deep. Where do you get that living water?" ¹² Are you greater than our ancestor Jacob, who gave us the well, and with his sons and his flocks drank from it?" ¹³ Jesus said to her, "Everyone who drinks of this water will be thirsty again, ¹⁴ but those who drink of the water that I will give them will never be thirsty. The water that I will give will become in them a spring of water gushing up to eternal life." ¹⁵ The woman said to him, "Sir, give me this water, so that I may never be thirsty or have to keep coming here to draw water."

¹⁶ Jesus said to her, "Go, call your husband, and come back." ¹⁷ The woman answered him, "I have no husband." Jesus said to her, "You are right in saying, 'I have no husband'; ¹⁸ for you have had five husbands, and the one you have now is not your husband. What you have said is true!"

Questions for Reflection:

"Physical and Spiritual Refreshment"

- ❖ Why is water such a good image to describe what Jesus is talking about here?
- ❖ What does Jesus mean by living water and by water that bubbles up into eternal life?
- ❖ What is a time when you have felt deeply and truly refreshed?

"Spirituality and Leisure"

- ❖ If you were to play or be at leisure more in your spiritual life, what kinds of things might you do?
- ❖ When you think about your spiritual life, is it "hard work" or is there leisure associated with it?
- ❖ When you engage in leisure pastimes (e.g. sport, craft, gardening), do you think of these as enhancing you spiritually? Why or why not?

In this box, write down something you want to remember about living water. It might be a quote, something someone said, something you want to think about some more, an issue in your own life's direction that needs more reflection.

Closing Prayer

O God, as I go on my way, I take with me...
A Compass for direction
You are the Way, the Truth and the Life
Bread for nourishment
You are the Bread of Life
Light to illumine my path
You are the light of the world
Shelter to keep me from harm
You are the Gate and the Good Shepherd
Water for refreshment
You provide for your people living water.
Amen.

*Adapted by Revs. James & Jo Ramsey
from Lentwise: Spiritual essentials for real life by Paula Gooder, Church House Publishing, 2008*