



Lent 2020: A quiet time of prayer and reflection on five spiritual disciplines: Solitude, Prayer, Fasting, Meditation and Servanthood.

A Time to Pray

1. In light of the Covid-19 crisis let us pray:

- For those around the world who mourn the loss of a loved one that they will be comforted by the good news of Christ's resurrection.
- For those infected by this virus that they would be healed.
- For health care workers that they will be strengthened and spared from getting this virus.
- For first responders that they too will be strengthened and spared.
- For government officials that they would receive wisdom to govern, lead, and make crucial decisions for the healing of this land.
- For the church around the world that it would rise up and unashamedly proclaim the assurance we have in a relationship with the living God.
- For our congregation to be prepared to share the message of Good Friday and Easter Sunday with our community.
- For our ongoing worship that many would take advantage of our online resources and worship in their own homes.
- For the use of technology, that in this time of social distancing we may participate in distant socializing.

2. Finish this time of prayer by giving glory to our God for:

- His power and might on display in His creation, but also in our lives.
- His constant presence.
- His knowledge of all that is happening – none of this has surprised our God.
- His mercy and compassion in finding us and forgiving us.
- His faithfulness through the ages and in these days.
- His victory over the grave through the resurrection of Jesus.

Meditation

1. Read these Biblical examples of meditation:

- **Genesis 24:63**
- **Psalm 63:6**
- **Psalm 119:148**
- **Psalm 1:2**

2. What is Biblical meditation?

- It is not Eastern meditation, which attempts to empty the mind.
- Biblical meditation fills the mind with the sweetness of God's Word.
- Thomas a Kempis speaks of meditation and calls it "a familiar friendship with Jesus."
- Years ago (maybe it is still true today) people would send a love letter to their beloved. People would receive that letter with joy and read it several times. They would key on certain words and phrases and ponder them even after they put the letter away. This is Biblical meditation. It is not studying the Word of God. It is pondering God's Word and allowing the Word to soak into the fabric of our lives.
- Take a section of Scripture (such as a parable of Jesus), a single verse, or even a phrase and use that as your focus in meditation.
- Find a quiet place and just ponder on those words of Scripture.

3. Try this:

- **Read II Chronicles 7:11-16.**
- **Read it again.**
- Now just be still, quiet, and pour over those words. There is no time limit, but then again do not rush. Then ask these questions:
 - ⇒ Jesus, Lover of my soul, what are You saying to me through these words?
 - ⇒ How are these words affecting my heart and life?
 - ⇒ Which words can I hang onto, especially now?
- Through the course of the day reflect on those words of Scripture and ponder these questions:
 - ⇒ How did these words of Scripture impact my day?
 - ⇒ How am I different from having come in contact with the living Word?