

Second Sunday in Lent

Use some or all of this reflection to help guide your personal journey through this week of Lent.

Reflect

Now we are moving into the thick of Lent. Of course we have questions, issues, excuses even. But then there is the simple call – ‘return to me’. This is the journey Jesus is making. Can we make it with him?

From *Our Town* by Thornton Wilder

Emily: Do human beings ever realise life while they live it? Every, every minute?
The Stage Manager: No. The saints and poets, maybe -they do some.

Read

Psalm 27, A psalm of David Triumphant Song of Confidence

1. The Lord is my light and my salvation;
whom shall I fear?
The Lord is the stronghold of my life
of whom shall I be afraid?
2. When evildoers assail me
to devour my flesh—
my adversaries and foes—
they shall stumble and fall.
3. Though an army encamp against me,
my heart shall not fear;
though war rise up against me,
yet I will be confident.
4. One thing I asked of the Lord;
this I seek:
to live in the house of the Lord
all the days of my life,
to behold the beauty of the Lord,
and to inquire in his temple.
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.
6. Now my head is lifted up
above my enemies all around me,
and I will offer in his tent
sacrifices with shouts of joy;
I will sing and make melody to the Lord.
7. Hear, O Lord, when I cry aloud;
be gracious to me and answer me.
8. “Come,” my heart says, “seek his face!”
Your face, Lord, do I seek.
9. Do not hide your face from me.

Do not turn your servant away in anger,
you who have been my help.
Do not cast me off; do not forsake me,
O God of my salvation!
10. If my father and mother forsake me,
the Lord will take me up.
11. Teach me your way, O Lord,
and lead me on a level path
because of my enemies.
12. Do not give me up to the will of my
adversaries,
for false witnesses have risen against me,
and they are breathing out violence.
13. I believe that I shall see the goodness of
the Lord
in the land of the living.
14. Wait for the Lord;
be strong, and let your heart take
courage;
wait for the Lord!

NRSVUE

Ponder

- What verse jumps out at you?
- What about the psalm speaks to you as you are making this journey through *this time* in our world?
- Has there been a moment or period when you've felt like Emily? How would her entreaty to 'realise life' be connected to this psalm?

Do

Is there something physical you can do this week to make this psalm come alive for you? Use these ideas or come up with something that speaks to you.

- Light a candle and read the psalm each morning.
- Walk as you read it (hint read a verse, then walk a few paces, stop, read the next verse etc.)
- Go outside one night and do a little dance after reading the psalm aloud.
- Write out the verse or excerpt that would be most of benefit for you to be reminded of in times of difficulty and then fold it up and pop it somewhere where you can grab it if you need (a wallet, or in your phone in 'notes', or??)

For me it's the last verse - wait for the Lord, be strong, and let your heart take courage; wait for the Lord!

Prayer

Waiting is hard, Jesus; it feels like I'm doing nothing. I have so many things to do, and waiting seems wasteful of my time. But you waited. You went into the wilderness to pray. You left people to be with yourself and God; to find courage for this walk you are making towards Easter.

Teach me that way of being too. Amen

Listen

You may like to listen to one or both of these pieces based on Psalm 27.

Adonai Ori (The Lord Is My Light) – Psalm 27 sung in Biblical Hebrew

<https://youtu.be/wMZkqhZfVqc?si=cV3ieiBMcZg5usF3>

Wait for the Lord – Taize

<https://youtu.be/m06pq0dsZGw?si=IUE9jBXaYc2ARb5m>