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LENT 2B

25th February 2024

A short act of worship and daily devotions

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For more information https://theworshipcloud.com/terms/free-weekly-resource

Opening Prayers

Take a moment. Open your hands. Close your eyes.

Sit in the stillness, for as long as you feel you can.

When you are ready, say these words - it might help to actually say them out loud:

God of still, small voices and quiet spaces, God of this moment and this day, make yourself known to me today, that I might come to know you more fully, and serve you more graciously.

God of the rest of my week, help me to be a blessing to those I meet this and every day, A reminder of your love for all people, no matter what their situation.

In Jesus' name I pray,

Amen.

You may now wish to say the Lord's Prayer in a version or translation with which you are comfortable or familiar.

Readings: Romans 4:13-25 - Click her for reading

Responding to the readings

Reflect on situations where you have earned a reward. This may be studying hard for good exam results, working hard for a promotion, behaving well to gain rewards from your parents. How does it feel to be rewarded for hard work? Now consider, how does it feel to know that we can't earn God's promises to us?

In his letter to the Romans, Paul reminds his readers that Abraham had not earned the promises of God by following the law. Abraham had received God's promises through faith. Abraham trusted in God's words to him and believed that they would happen. He believed, even when all the evidence suggested otherwise – Paul makes comment on Abraham's age and Sarah's inability to become pregnant (v19). This reminds us of the writer of Psalm 22, who too was able to imagine and hope for a reality that very much did not exist in his current experience. Just as it was for Abraham, it is also true for us, the justification we have before God does not come from our following of God's law or anything that we can do, but in placing our faith in God and the promises that come from Christ's resurrection.

Reflect on key moments in your life that have had a sense of life before and after. What are they? How did they alter your life? Some examples of key moments may include your faith journey, your relationships, your work, the impact of tragedies. Did anything noticeably change e.g. your name after marriage, your choice of clothes for work, your lifestyle. How do/did these changes feel? Was it easy to get used to them?

Pray about your reflections, and spend some time thinking about how they might shape how you respond to God's call on your life. Can you recognise Jesus for who he is and what he is asking you to do today, this week, and beyond?

Responding in music

Use as many of these songs as is helpful to help you in your prayers and reflections.

552 STF - Here I am Lord - YouTube

471 STF – Lord I come to you - YouTube

463 STF - Deep in the shadows of the past - YouTube

503 STF – Love divine, all loves excelling – YouTube

Blessing

May God help to steer my life towards him,

May God use me to help break the cycle of poverty

And keep the wheels of transformation turning.

May Almighty God bless me and all I meet, and guide me on your way,

Amen.

Prayers and Prayer Pointers for the Week Ahead

Monday 26th February

- Think about how God is at work in the lives of everyone.
- You can see God shining out from all people.
- Remember this with the next person you speak to, and give thanks for the glimpses of God you see in them.

Tuesday 27th February

- Go litter picking.
- Each bit of litter you pick up is working to bring God's Kingdom in that place.
- As you pick up the litter pray about what it might mean for God's will for this street, this community, this village / town / city to be done.

Wednesday 28th February

God of all creation, I worship you.

You know me - what I need, what I rejoice in, what I'm nervous about.

You see me – as the unique individual you created with all my little habits and characteristics.

You hear me – when I pray aloud or silently.

You meet me – here and now and I am content. Amen

- Wonder to yourself if you are really able to say the words. Imagine what it would be like to hear someone else say them for you. Notice how you feel as you read them. Take time to tell God what you've discovered.

Thursday 29th February

- Today, when you are washing your hands, or in the shower, or brushing your teeth, or even when you are doing the washing up you could notice the water, falling from the tap or the showerhead. You might like to pray these simple words.
- Living God, thank you for the water of life that you give to us. Thank you for the privilege of clean water that I can rely on. Thank you that you wash away all that is sinful and broken in me. Thank you for the water. Amen.

Friday 1st March

- Go outdoors and find something natural: a stone, leaf, flower, or something else.
- Consider the ways God has made this thing and then reflect on how you too are wonderfully made by God. What does this mean to you?

Saturday 2nd March

- What does the good news of the Gospel feel like to you?
- Can you express it as a prayer of thanks in just a sentence or two?
- Once you have chosen or written your sentences, why not find someone to share that prayer with – as a text, or over the phone, or via email, or by chatting to someone today.