

LENT 2021

LISTENING WITH ALL YOUR HEART, SOUL, STRENGTH, AND MIND

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SOUL WRESTLING: LISTENING TO OURSELVES

“When you encounter difficulties and contradictions, do not try to break them, but bend them with gentleness and time.” (St. Francis deSales)

**Starting with ourselves:
Your inner voice is the voice
of divinity. To hear it we
need to be in solitude, even in
crowded places.** (Rahman)

1 Peter 3:8-18

⁸ Finally, be all of one mind, be loving toward one another, be gracious, and be kind. ⁹ Do not repay evil for evil, or curse for curse, but on the contrary, bless, knowing that to this you are called, so that you may receive a blessing.

¹⁰ For

“He who would love life
and see good days,
let him keep his tongue from evil,
and his lips from speaking deceit.
¹¹ Let him turn away from evil and
do good;
let him seek peace and pursue it.



Figure 1 Lord, Confirm Our Reverence (St. Ann's, Austria)

¹² For the eyes of the Lord are on the righteous,
and His ears are open to their prayers;
but the face of the Lord is against those who do evil.”

¹³ Who is he who will harm you if you follow that which is good? ¹⁴ But even if you suffer for the sake of righteousness, you are blessed. “Do not be afraid of their terror, do not be troubled.” ¹⁵ But sanctify the Lord God in your hearts. Always be ready to give an answer to every man who asks you for a reason for the hope that is in you, with gentleness and fear. ¹⁶ Have a good conscience so that evildoers who speak evil of you and falsely accuse your good conduct in Christ may be ashamed. ¹⁷ For it is better, if it is the will of God, that you suffer for doing good than for doing evil. ¹⁸ For Christ also has once suffered for sins, the just for the unjust, so that He might bring us to God, being put to death in the flesh, but made alive by the Spirit.

This Lent, how might you create some regular time of solitude to listen to the inner divine voice? Are you aware of any barriers within yourself that impede your ability to listen well? How might we let God's light shine through who we are?

Matthew 11:25-30 3:8-18

COME TO ME AND REST

²⁵ At that time Jesus said, “I thank ^[i] you, Father, Lord of heaven and earth, because you have hidden these things from the wise and the intelligent and have revealed them to infants; ²⁶ yes, Father, for such was your gracious will. ^[i]

²⁷ All things have been handed over to me by my Father; and no one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son chooses to reveal him.

²⁸ “Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. ²⁹ Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. ³⁰ For my yoke is easy, and my burden is light.”



Figure 2 Enough by Lauren Wright Pittman

Confronting Wilderness Places

This week, think about what it is like to listen to yourself. Listen to your body. Is there one think you want to be sure to hold onto throughout the remainder of this Lenten season?



Figure 3 Navigating the Wilderness by Deb Parker

"Show me your ways, O Lord, and teach me your paths." Psalm 25:3

Intercessions and closing prayer

You must understand this, my beloved: let everyone be quick to listen, slow to speak, slow to anger; for your anger does not produce God's righteousness. Therefore, rid yourselves of all sordidness and rank growth of wickedness, and welcome with meekness the implanted word that has the power to save your souls. (James 1:19-21)

Dear God,

- I confess to falling short by not truly listening to others.
- I trust that you are in me and that you will help me tune into what others are really saying.
- I will practice being still, allowing my heart, mind, and soul to open up to you and to others who are trying to reach me.
- Let me lower barriers, including my defensiveness and ignorance.
- I pray for guidance and understanding.
- _____

All this I pray in the name of he who you sent, to hear all your people.

Thanks be to God for my Lord and Savior Jesus Christ. Amen

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Art 1 and 2 from Art in the Christian Tradition (<http://diglib.library.vanderbilt.edu/act-search.pl>)

Booklet excerpts and questions from Living Compass'
“Living Well Through Lent 2021: Listening with all your heart, soul, strength and mind”
<https://shop.livingcompass.org/products/living-well-through-lent-2021-pdf-download>