

# WEEK ONE: REFLECTION

Scripture: Mark 1:9-15

Worship Themes: Wilderness, Beloved

Object: Compass

“You are my child, whom I dearly love; in you I find happiness.” These are the words Jesus hears, according to Mark’s gospel, right before being sent by the Spirit out into the wilderness. What important and special words for us all to hold onto whenever we find ourselves journeying through the wilderness. It’s a reminder we are never in the wilderness alone.

There’s a show called Ted Lasso about an American football coach who goes to coach a soccer team in England. (\*spoiler alert) In the final episode, after a heartbreaking loss in extra time that means the team will be relegated to a less competitive league, the coach looks at the devastation and disappointment on the faces of his team. He tells them he understands they are sad. He tells them it’s important to feel those feelings. Then he invites them to look around, and to be grateful for the other people in the room who are with them. He says “there is something worse out there than being said, and that is being alone and sad.”

The wilderness can feel overwhelming. It can make us want to throw our hands up in the air and give up. It can make us want to cry out why?! Especially now, in the midst of a pandemic where the end seems so distant. It can make us feel utterly sad and alone. But Mark reminds us, the angels take care of Jesus in the wilderness. We are not alone in the wilderness. God is with us. Our communities are with us.

Whatever you find yourself facing, you are God’s beloved, and you are not alone. Whatever struggles you are carrying, you are God’s beloved, and you are not alone. Whatever anxiety, fear, or worries capture you at times, you are God’s beloved, and you are not alone. Whatever your wilderness looks like, you are God’s beloved, and you are not alone.

One final piece of really good news in this text is God is working in and through the wilderness. When He eventually finds His way out of the wilderness Jesus proclaims “Now is the time! Here comes God’s Kingdom!” Something about that journey through the wilderness prepared the way for God’s kin-dom to burst forth.

I wonder what glimpses of God we might discover in the midst of our wilderness times? What new life might burst forth as we finally emerge out of the wilderness?

We believe in a God that is an expert in resurrection and redemption. A God who takes dusty dry bones and breathes life into them. A God who shows up in pillars of cloud and fire to lead us out of the wilderness and into something new and beautiful.

Prayer:

Dear God,

Thank you for calling us beloved.

Thank you for journeying with us through the wilderness.

Thank you for the ways the wilderness prepares the way for your kin-dom to burst forth. Help us remember we are never alone. Amen.

# Lord, Who Throughout These Forty Days

Jesus' time in the desert, was a time of fasting and prayer and likely a time of meditation and communion with God. Traditionally, the Lenten season is a time of fasting. People "give up" something for Lent. Not as a form of punishment, but in an effort to put aside something that may distract us from communion with God. This time of special devotion to God allows an awareness of God abiding in us. Lent is a time to refocus on our relationship with Christ.

# Lord, Who Throughout These Forty Days 269

The musical score is written for a single voice and piano accompaniment. It features five numbered verses. The melody is in a major key with a 4/4 time signature. The piano accompaniment consists of a simple harmonic pattern in the right hand and a bass line in the left hand. The lyrics are printed below the vocal line.

1. Lord, who through - out these for - ty days for  
 2. As thou with Sa - ran didst con - tend, and  
 3. As thou didst hun - ger bear, and thirst, so  
 4. And through these days of pen - i - tence, and  
 5. A - bid with us, that so, this life of

us didst fast and pray, teach us with thee to  
 didst the vic - tory win, O give us strength in  
 teach us, gra - cious Lord, to die to self, and  
 through thy pas - sion - tide, yea, ev - er - more in  
 suf - fering o - ver part, an Eas - ter of un -

mourn our sins and close by thee to stay.  
 thee to fight, in thee to con - quer sin.  
 chief - ly live by thy most ho - ly word.  
 life and death, Je - sus, with us a - bid.  
 end - ing joy we may at - tain at last.

WORDS: Claudia F. Hermanson, 1873 (Mt. 4:1-11; Mk. 1:12-13; Lk. 4:1-13)  
 MUSIC: USA folk melody; arr. by Annabel Morris Buchanan, 1908.  
 harm. by Charles H. Webb, 1988

Music © 1908, renewed 1966 J. Fischer and Bro. Co.; harm. © 1989 J. Fischer and Bro. Co.

LAND OF REST  
 CM

# WEEK ONE: PRACTICES

## 5 Finger Prayer

Using the handout as a guide, pray for different groups of people as you touch each finger. Thumb: pray for those closest to you, your family and friends.

Index finger: pray for people who give direction like teachers, coaches, health care workers, therapists, first responders, etc. Middle finger: pray for leaders in governments, businesses, the church, etc. Ring finger: pray for those who are sick, vulnerable, and most in need Pinky finger: pray for yourself and your own needs



## Finger Labyrinth

Using the handout as a guide, print the finger labyrinth. If you want to make it more tactile, print it on heavy paper or cardstock and/or paint over the lines to trace the path as you go. You can pray with words or



more tactile, print it on heavy paper  
Glue yarn or string or use puffy  
and allow it to dry. Use your finger  
slowly and pray quietly or out loud  
pray for others or yourself. You can  
without words.

# 5 Finger Prayer

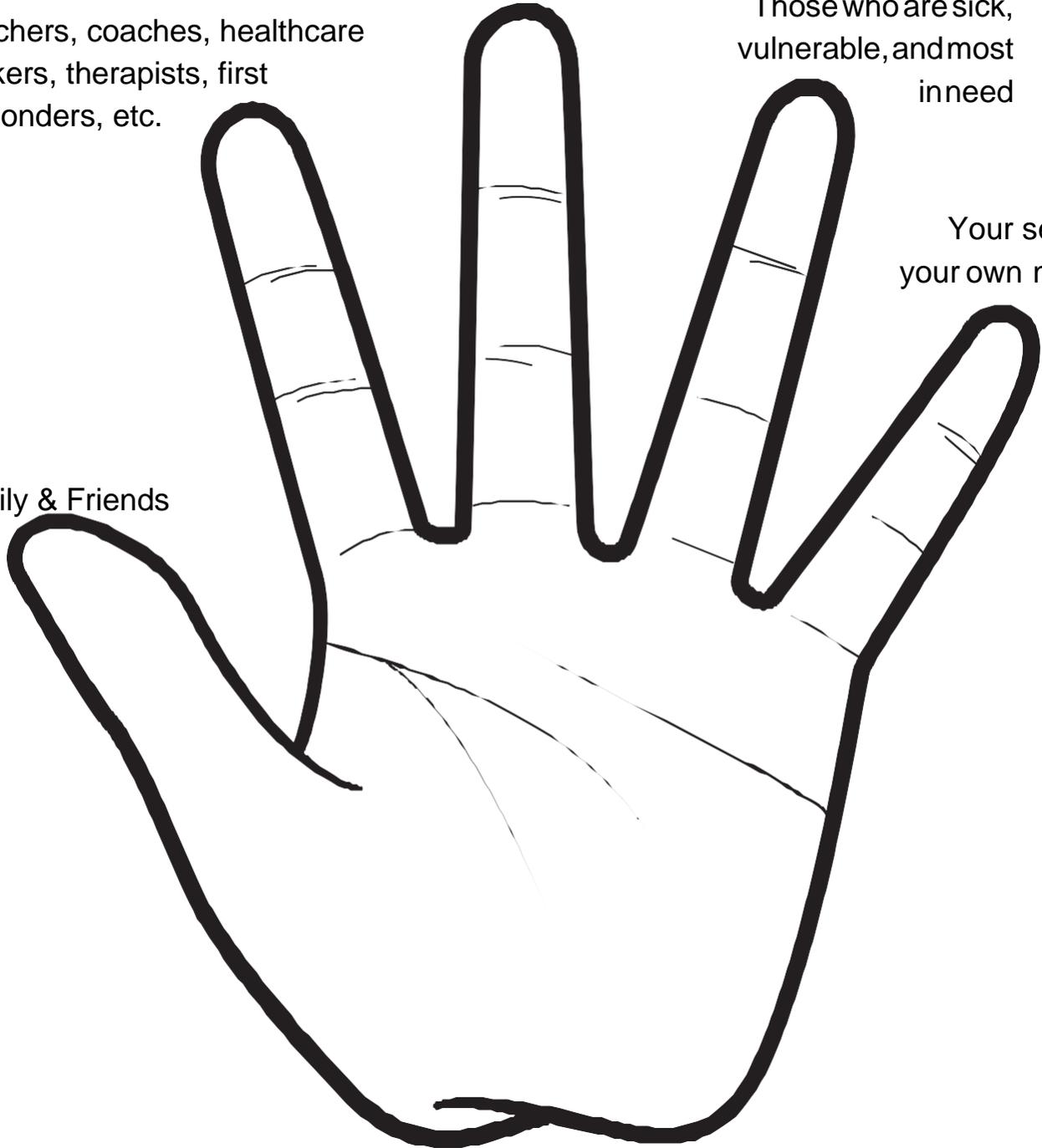
Leaders

Those who are sick,  
vulnerable, and most  
in need

Teachers, coaches, healthcare  
workers, therapists, first  
responders, etc.

Your self and  
your own needs

Family & Friends



Hold out your hand, and follow the prompts to pray using each finger.

## Finger Labyrinth



*faith.org*

Use your finger to trace the path slowly. Pray quietly or out loud as you go. You can pray for others or yourself. You can pray with words or without words.