

# Swaffham Methodist Church



Living Lent

Morning Meditation

*Mondays from 2nd March, 9.30-10.00am*

Lent Series 2020

The practice of meditation:

Relax, release tensions, let go of thoughts and quieten the mind.

Focus on the here and now — breath, sounds, sensation.

Listen and become aware.



(Chi-Rho, is an early Christian symbol representing the first two letters in Greek of the name Christus; here there are two additional letters representing Alpha and Omega.)

## SHARE THE CALL TO BE STILL

THE VISION OF ENOCH  
From the Gospel of the Essenes

God speaks to humanity

Leader: I speak to you.

Response: **Be still. Know I am God.**

I spoke to you when you were born.

**Be still. Know I am God.**

I spoke to you at your first sight.

**Be still. Know I am God.**

I spoke to you at your first word.

**Be still. Know I am God.**

I spoke to you at your first thought.

**Be still. Know I am God.**

I spoke to you at your first love.

**Be still. Know I am God.**

I spoke to you at your first song.

**Be still. Know I am God.**

I speak to you through the grass of the meadows.

**Be still. Know I am God.**

I speak to you through the trees of the forests.

**Be still. Know I am God.**

I speak to you through the valleys and the hills.

**Be still. Know I am God.**

I speak to you through the Holy Mountains.

**Be still. Know I am God.**

I speak to you through the rain and the snow.

**Be still. Know I am God.**

I speak to you through the waves of the sea.

**Be still. Know I am God.**

I speak to you through the dew of the morning.  
**Be still. Know I am God.**

I speak to you through the peace of the evening.  
**Be still. Know I am God.**

I speak to you through the splendour of the sun.  
**Be still. Know I am God.**

I speak to you through the brilliant stars.  
**Be still. Know I am God.**

I speak to you through the storm and the clouds.  
**Be still. Know I am God.**

I speak to you through the thunder and lightning.  
**Be still. Know I am God.**

I speak to you through the mysterious rainbow.  
**Be still. Know I am God.**

I will speak to you when you are alone.  
**Be still. Know I am God.**

I will speak to you through the Wisdom of the Ancients.  
**Be still. Know I am God.**

I will speak to you at the end of time.  
**Be still. Know I am God.**

I will speak to you when you have seen my Angels.  
**Be still. Know I am God.**

I will speak to you throughout eternity.  
**Be still. Know I am God.**

I speak to you.  
**Be still. Know I am God.**  
**Be still. Know I am God.**

**[REST IN THE STILLNESS]**

## **LISTEN TO THE WORD**

### **Monday 2nd March**

**If any would come after me they must deny themselves and take up their cross and follow me.**

Whoever wants to save their life will lose it, but whoever loses their life for me and the gospel will save it. What good is it for someone to gain the whole world, yet forfeit their soul? Or what can someone give in exchange for their soul? [Mark 8]

There was a Pharisee, a man named Nicodemus who was a member of the Jewish ruling council. He came to Jesus at night and said, "Rabbi, we know that you are a teacher who has come from God. For no one could perform the signs you are doing if God were not with them." Jesus replied, "Very truly I tell you, no one can see the kingdom of God unless they are born again." And again, "Very truly I tell you, no one can enter the kingdom of God unless they are born of water and the Spirit. Flesh gives birth to flesh, but the Spirit gives birth to spirit." [John 3]

### **Monday 9th March**

**Man does not live on bread alone but on every word that comes from the mouth of God.**

Then Jesus was led by the Spirit into the desert to be tempted by the devil. After fasting for forty days and forty nights, he was hungry. The tempter came to him and said: "If you are the Son of God, tell these stones to become bread ." Jesus answered, "It is written: Man does not live on bread alone but on every word that comes from the mouth of God."

The devil took Jesus to a very high mountain and showed him all the kingdoms of the world and their splendour. "All this I will give you if you will bow down and worship me." Jesus said to him, "Away from me Satan! For it is written: *Worship the Lord your God and serve him only.*" [Matthew 4]

### **Monday 16th March**

**Keep watch because you do not know when the owner of the house will come back.**

Keep watch, because you do not know on what day your Lord will come. But understand this: If the owner of the house had known at what time of night

the thief was coming, they would have kept watch and would not have let their house be broken into. So you also must be ready, because the Son of Man will come at an hour when you do not expect him. [Matthew 24]

Then Jesus went with his disciples to a place called Gethsemane, and he said to them, "Sit here while I go over there and pray." Then he returned to his disciples and found them sleeping. "Couldn't you keep watch with me for one hour?" "Watch and pray so that you will not fall into temptation. The spirit is willing, but the flesh is weak." [Matthew 26]

### **Monday 23rd March**

**Unless a grain of wheat falls into the earth and dies, it remains a single grain of wheat; but if it does, it brings a good harvest.**

The person who loves their own life will destroy it, and the person who hates their life in this world will preserve it for eternal life. If a person wants to enter my service, they must follow my way; and where I am, my servant will also be. And my Father will honour every person who enters my service. [John 12]

Jesus said: "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. For my yoke is easy and my burden is light." [Matthew 11]

### **Monday 30th March**

**Behold, I am making all things new.**

The wilderness and the dry land shall be glad, the desert shall rejoice and blossom; like the crocus it shall blossom abundantly, and rejoice with joy and singing. Waters shall break forth in the wilderness, and streams in the desert; the burning sand shall become a pool, and the thirsty ground springs of water. [Isaiah 35]

For if a person is in Christ they become a new person altogether — the past is finished and gone, everything has become fresh and new. All this is God's doing, for he has reconciled us to himself through Jesus Christ; and he has made us agents of the reconciliation. God was in Christ personally reconciling the world to himself — not counting their sins against them — and has commissioned us with the message of reconciliation. [2 Corinthians 15]

## **Monday 6th April**

**So now I am giving you a new commandment: Love each other.  
Just as I have loved you, you should love each other.**

Let Christ himself be your example as to what your attitude should be. For he, who had always been God by nature, did not cling to his rights as God's equal, but stripped himself of all privilege by consenting to be a slave by nature and being born as mortal man. And, having become human, he humbled himself by living a life of utter obedience, even to the extent of dying, and the death he died was the death of a common criminal. That is why God has now lifted him so high, and has given him the name beyond all names, so that at the name of Jesus every knee shall bow, whether in Heaven or earth or under the earth. And that is why, in the end, every tongue shall confess that Jesus Christ is the Lord, to the glory of God the Father.  
[Philippians 2]

## **ENTER THE SILENCE**

[In the silence, (about 10 minutes) we try to find a deep inner quiet, a stillness of body, mind and spirit. Here we enjoy the presence of God among us, we become aware of the spirit of God within us, we share in the love of God around us. Thoughts may come and go but we return to the quiet. We recognise that we are simply being here: relaxing, sitting, breathing. We ponder, we listen, we are attentive to this present moment.]

At the end of the silence:

Leader: Your gentle voice calls into my silence  
Searches me out in love  
And I answer your call:

Response: **Here I am**

[Ulrich Schaeffer]

## **BE REMINDED (the means of coming back to that quiet place)**

[At times during the day, we try to become, once again, more fully aware of the presence of God. It is helpful to have circumstances which remind us.]

### **Monday (through our eyes)**

When we see something unusual, unfamiliar, striking, beautiful, or when we see the familiar in a different way — let it remind us.

### **Tuesday (through our ears)**

When we hear the sounds of the world about us — let it remind us.

### **Wednesday (when we speak)**

When we speak to family, friends, colleagues, strangers — let it remind us.

### **Thursday (when we eat)**

When we eat our meals, grab a snack, chew a sweet — let it remind us.

### **Friday (through touch)**

When we shake a hand, tap a shoulder, stroke a pet, pick up an object — let it remind us.



(Ichthus, the sign of the fish, is an early Christian symbol, signifying the community of believers. It stands for Jesus Christ, Son of God, Saviour.)