

February Reflections

Let us be bread, blessed by the Lord.
Broken and shared, life for the world
Let us be wine, love freely shared
Let us be one in the Lord.

We've been singing those words together right before we share Eucharist together each week during our Sunday worship. I originally heard them used at General Convention in Anaheim in July of 2009. I appreciate the words and the meaning, for to me they seem to encapsulate what being a Christian is all about.

Being a Christian, it seems to me, is about loving the Lord our God with all our heart, soul, and mind and loving our neighbor as ourselves. In the coming season of Lent many people choose to give up something or add something to their spiritual practices. The idea is that every time we either give up something or add something that helps us remember to deepen our spiritual journey with our Lord. Deepening our spiritual life helps us to take care of ourselves while we grow closer to God. To be able to be bread or love that is shared, we need to take care of ourselves spiritually.

If you are searching for a Lenten project, consider how much your spiritual life is in or out of balance. As a help for assessing your balance, some people use the Five Holy Habits:

1. Weekly worship
2. Keeping the Sabbath
3. Scripture study
4. Daily prayer
5. Tithing

Spend some time in prayer asking our Lord to reveal to you, what the Holy One would have you commit to this Lent. Have you not been attending church regularly? Could you commit to coming weekly until Easter? Have you been so busy on your time off that you never stop and rest? Are you studying the scriptures? How about daily prayer or tithing? What you will probably find is that you are strong in some areas, and not so strong in others. The question then becomes where is our Lord calling you to focus this Lent? How is Jesus calling you to be the bread and wine for the world?

Blessings! Ruth