

# Lent Meditation — Week 4 — Give It Up: Pride

## GATHER

*\* You may light a candle to signify the beginning of your time, then gather with this prayer:*

Come Holy Spirit, quiet all voices but yours.

Guide our life to be in harmony with your movement in the world.

Give us desires that align with your will for the world. In your name we pray, Amen.

## SHARE

*\* Share your high and lows. If you are practicing this meditation with others, share your highs/lows together. If you are practicing this meditation on your own - offer them to God, or write them down.*

**READ** Luke 18:9-14

## TALK

- The story is for all of us. With whom do I identify with in this story? Observance of the law for Jewish folks is an act of thanksgiving for God's care and love. How difficult it is for us to accept that we are loved by God without ifs or buts or qualifications.
- Sometimes we cannot avoid feeling superior or holier than others, however much we try not to. How can we acknowledge these feelings and release them? Are there places of pride or privilege that God is asking you to set down?
- Spend some time repeating, perhaps with the rhythm of my breathing, the prayer that earned him peace with God: 'God, be merciful to me, a sinner'. How does this feel?
- Prayer is something which connects us to God, and there are many ways to pray. How do you most often pray? Is there a new practice you might try this week? Sometimes, attempting a new spiritual practice or changing posture allows us to learn something more about God. You might try to pray while coloring or going for a walk. Perhaps you pray through your directory or facebook feed. If you usually pray alone, try praying with someone else - or verbalizing your prayers out loud.

## PRAY

*\*Take time to offer your own prayer requests, too.*

O Lord, hear our prayers:

Prayers for hope for those who feel hopeless

Prayers for healing for those who need healing

Prayers for jobs for those who are jobless

Prayers for community for those who feel lonely

Prayers for peace for those whose lives are filled with conflict.

Prayers for understanding for those seeking to be understood.

Prayers for comfort those who grieve.

Prayers for food for those who hunger.

Prayers for shelter for those who are homeless.

Prayers for clean water for those whose waters are contaminated

Prayers for rain for those who live in drought.

Prayers for a time of drying for those who are facing too much rain.

Prayers for freedom for those who live under dictatorships.

Prayers for wisdom for our leaders.

Prayers for spiritual growth and health for our churches.

Prayers for your Kingdom to reign here on earth. Amen.

— written by Rev Abi, and posted on **RevGalBlogPals** blog. <http://revgalblogpals.blogspot.ca/>

## **BLESS**

*\*If you are with others, make a sign of the cross on each other's forehead. If you receive this blessing on your own, make the sign of the cross across your body (forehead, heart, left shoulder, right shoulder).*

May God bless YOU when it is easy to see the rainbow.

May God bless YOU when under the clouds of doubt.

May YOU always journey in relationship with God.