

# Lent Mediation — Week 3 — Give it Up: Hurt

## 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 mediation 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 Mark 5:1-20

## TALK

- \* The man has no identity apart from his affliction. How many of us are defined by our failures?*
- \* “There are so many voices trying to possess and discourage us that we might still call them Legion. Yet against all of them stands the still, small, but mighty voice of the one who still crosses oceans and boundaries to tell us of God’s love and call us back to our right minds and grace-filled identities. Thanks to be God”*
- \* How much do we tolerate evil we think we can control?*
- \* Odd as it may sound, we often prefer the devil we know to the freedom we do not. Congregations too can take a false sense of security from the dysfunctions they have learned to cope with, and they fear what change—even change for health—may bring. Communal identity is in this sense more difficult to change than individual identity. Indeed, if Luke's depiction of Jesus' ministry is any indication, effecting change among a fearful community can be even more difficult than stilling storms or casting out demons. - David Lose,*
- \* How are mentally ill treated today? More and more, prisons are our mental health facilities. This man was chained in the tombs because of his possession. How many of those in our prison system are suffering from mental illness?*
- \* Mental health problems in prisons from the US Department of Justice <https://www.bjs.gov/content/pub/pdf/mhppji.pdf>*

## **PRAY**

*\*Add your own prayers of joy & concern too. Bring to Jesus any unresolved conflict or hurt and be reminded to 'forgive us our trespasses as we forgive those who trespass against us'*

Wherever people spend their days like puppets with a legion of string-pullers, losing their own sense of worth and purpose. Let your life come in its fullness, loving Liberator.

Wherever some have lost contact with reality, and suffer mental torments through every hour of each day. Let your life come in its fullness, loving Healer.

Wherever some are at last breaking free and taking the first steps towards independence of mind and spirit. Let your life come in its fullness, loving Encourager.

Wherever human beings are physically restrained but remain mentally tough and spiritually and mentally free. Let your life come in its fullness, loving Inspirer.

Wherever they seek a reliable friend, or healer, comforter, adviser, teacher or a sure Redeemer. Let your life come in its fullness, loving Counsellor.

Wherever people suffer the indignities of poverty, the loneliness of misunderstanding, or the crushing brutality of war; Let your life come in its fullness, loving Saviour

Wherever the members of your church have traded liberty for legalism, or the living Truth for dogma, or trust for religious fears; Let your life come in its fullness, loving God.

God of liberty, enable us to enter more completely in to the kingdom of love which has been waiting for us from the beginning of time.  
Through Christ, in Christ, for Christ, we so pray.

## **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.