



### 3<sup>rd</sup> Sunday of Lent

Find your comfortable chair, light your candle and let your eyes focus on the flame. Become aware of your breathing, don't change it, notice it, it is what keeps you alive. As you begin to relax, try to put aside all the thoughts in your head and breathe in Love.....

Today's readings remind us that God is, that God is Love and God's Law is Love and to keep God's Law we too have to love. It is all spelt out in the 10 Commandments which are today's first reading from the book of Exodus.



In the Gospel we see Jesus showing his anger because people were mis-using the Temple, the sacred place where God is present. He used the same word to describe His own body, the temple, which would be abused during his Passion and it is the same word we use to describe ourselves and each other - temples of the Holy Spirit: the place where God is present. An encounter with another human being offers an experience of the real presence of God. We know from the story of creation in Genesis, we are each made in God's likeness, God's image. Maybe it can sometimes seem easier to think of God safely confined in a Church than in those people who annoy us or make demands on us.

Do we reverence each person as much as we do our holy places? Do we care more for the decor of our spaces and the style of our liturgy than for God's dwelling place in and among the poor? In this time of Pandemic many of us have come to realise in a new way the importance to us of those we love and care about. This week take time to notice how God-like the people are who come into our lives each day, and give thanks for them. Can you say this blessing prayer for them?

**Blessed are you**  
who bear the light  
in unbearable times,  
who testify  
to its endurance  
amid the unendurable,  
who bear witness  
to its persistence  
when everything seems

in shadow  
and grief.  
**Blessed are you**  
in whom  
the light lives,  
in whom  
the brightness blazes—  
your heart  
a chapel,

an altar where  
in the deepest night  
can be seen  
the fire that  
shines forth in you  
in unaccountable faith,  
in stubborn hope,  
in love that illumines  
every broken thing it finds.

Song: by Keith Duke      Sacred Weave

You, Lord, are in this place,  
Your presence fills it,  
Your presence is peace.  
You, Lord, are in my heart,  
Your presence fills it,  
Your presence is peace

You, Lord, are in my mind,  
Your presence fills it,  
Your presence is peace  
You, Lord, are in my life,  
Your presence fills it,  
Your presence is peace.

**Can you bring your prayer time to an end by  
praying this poem to God?**

You are the future,  
the red sky before sunrise  
over the fields of time.

You are the cock's crow when night is done,  
you are the dew and the bells of matins,  
maiden, stranger, mother, death.

You create yourself in ever-changing shapes  
that rise from the stuff of our days –  
unsung, un-mourned, undescribed,  
like a forest we never knew.

You are the deep innerness of all things,  
the last word that can never be spoken.  
To each of us you reveal yourself differently:  
to the ship the coastline, to the shore as a ship.



Rilke      Love Poems to God