

Thursday— Our reflection and Scripture meditation for Thursday comes from John’s Gospel (John 9:1-41). Read the account in its entirety, taking notes of things that stand out to you. Now, if you have another translation of the Bible (if you have internet access, you can go to www.biblegateway.com and choose other English translations), try reading from another translation or two that you are unfamiliar. Did you notice any new things? Write them down. There are multiple characters in this narrative (Jesus, blindman, Pharisees, blindman’s parents, neighbors, Jewish leaders), who might you most closely identify and why? What do you think this story is about? Is there something more we might learn besides the healing of a blindman? Write out your thoughts. Choose two or three of the other characters in this narrative and write out what similarities you may have with them. Do you sense God speaking to you in any way regarding these comparisons? Respond to God in prayer as you are led.

Friday— We wrap up our Week 4 of Lenten reflection with consideration of our past week. We begin by acknowledging that God is present, with me and within me. God loves me as I am created in His image and He has chosen to dwell with and within me. Now, I ask God to reveal to me what moment in my week was most draining and difficult—reliving the moment with God as my Guide. I present this draining moment to God and speak to Him whatever is on my heart and soul at that moment. Now, I ask God to reveal to me the moment from my week that was most life-giving, again, reliving the moment with Him, I celebrate the joy I experienced with gratitude and relief, giving the moment back to God with thanksgiving and praise.

Next, I look forward to tomorrow, where will the Lord take us? I pray that God helps me to remember He is always with me, my Guiding Teacher and Comforter. I ask God for the ability to say whatever comes will be given to Him with glory and honor.

2017 Weekly Lenten Devotional Guide



Fourth Week of Lent (March 26-31, 2017)

Suggestions for your devotional weeks:

- ◆ Set aside a minimum of 30 minutes to work the reflection exercise.
- ◆ Purchase a small composition notebook to work in and journal your thoughts and prayers.
- ◆ Consider joining a group or starting a small group to work through the devotional exercises together in community.



940 Israel Rd. SW
Tumwater, WA 98501
(360) 943-0795

www.mountainviewlife.org

Prayer for the week: You may wish to begin and end your devotional time with this prayer.

Gracious Father, whose blessed Son Jesus Christ came down from heaven to be the true bread which gives life to the world: Evermore give us this bread, that he may live in us, and we in him; who lives and reigns with you and the Holy Spirit, one God, now and for ever.. Amen.

Scriptures for reading and reflection this week:

- 1 Samuel 16:1-13
- Psalm 23
- Ephesians 5:8-14
- John 9:1-41

Daily Reflection Questions and Exercises:

Monday– For many readers of the Bible, 1 Samuel 16: 1-13 is a very familiar passage of Scripture, recounting the selection and anointing of David as the next king of Israel. Today we will read with our imagination trusting God will help us with fresh eyes and open heart to see with renewed perspective. Before you begin reading, imagine that you will be present at this meeting in Bethlehem. Try to “go to the meeting” with an attitude that you do not know what will happen (as best you can) Try to watch, listen, and learn what’s happening as any of the other attendees are doing the same. Read the passage slowly, taking in the sights, smells, and sounds (using your imagination). Write down your observations, questions, and any details that cause you to take notice. Read the passage again, taking similar notes. Now, go to your notes and questions and ask God to share you His insight relative to your observations and questions. What is God showing you? Is there anything that brings reflection to you or your life? Close your study in prayer, thanking God for His insight and acknowledging the things that were shared with you.

Tuesday– Once again, we have one of the more familiar Psalms from the Bible, Psalm 23. As was the case yesterday, our brain can go on autopilot with over familiarity of Scripture. Today’s exercise and reflection is another method to break the bondage of our familiarity with this passage and provide another opportunity for renewed perspective.

Read the Psalm slowly all the way through to the end. Now, go back and read one verse at a time and write down the one or two words that you notice most prominently from each of the six verses. Once you have completed the six verses and you have 6-12 words in your journal, pray over the words asking God what He wants you to notice about them. Write down the insights and thoughts that come to you from this reflection. Is there a response that you sense God asking of you from this exercise? If yes, how will you respond. Close in prayer thanking God for being with you and sharing His presence with you in this prayer.

Wednesday– Let’s turn to our third reading this week in the Letter to the Ephesians (chapter 5, verses 8-14). Our passage today is full of expressions comparing and contrasting the metaphor of light and dark as it pertains to the spiritual life. After reading the passage through 2-3 times slowly, you may want to get a full contextual feel for this text by reading from verses (Eph. 5:1-21). For our reflection exercise make two columns with one column titled “light” and the other “dark.” Under the “light” column list every reference and/or act that depicts light in this passage (you may consider the full context of verses 1-21). Do the same for the “dark” column with every reference associated by Paul with darkness. Once you have completed these assignments, ask God to direct you to your own life expressions of darkness and light—write those down in your columns. Finally, pray with God how the Holy Spirit directs and leads you over your list. Thank God for this revelation and grace.