

Adult Lent Group 2020



Signs of Life: Why Church Matters is an opportunity for participants to engage with aspects of liturgy and scripture: *light, water, food, shelter, community*. Each session aims to help us to connect the Sign of Life to our own worship, spiritual practices and to help us to learn to pray what we live and live what we pray.

At this time when churches are closed to public worship, it is more important than ever than we stay together as 'church', the body of Christ, and remain faithful in prayer for one another and in serving the community in any way we can.

Our Adult Lent Group this year, was looking at various signs of life associated with church life. We would like to share some of the reflections, readings and prayers relating to each sign with you all.

The signs we were exploring were:

- Light
- Water
- Food
- Shelter
- Community

All of these become increasingly pertinent at times such as those we are all facing just now.

During the course of this week, we will upload copies of the handout sheets from each session together with any additional resources, such as relevant bible readings, to aid your personal reflections.

I hope this helps with your own prayer life and to feel part of the church community at this incredibly difficult time for everyone. Perhaps you can call a friend and reflect on each symbol together?

In love and prayer

Carole



SIGNS OF LIFE: *Light*

After air, light is the dimension of our experience of the natural world that is the most intangible. It's invisible, but without it we can't see anything. It's like God: God is invisible, but without God we can't see anything or relate to anything. Without God, we have no being.

Before you begin your reflection on the symbol of light, light a candle of your own, sit quietly gazing at the Light of Christ, and offer your own prayer to God.

Scripture:

In the beginning was the Word, and the Word was with God, and the Word was God. He was in the beginning with God. All things came into being through him, and without him not one thing came into being. What has come into being in him was life, and the life was the light of all people. The light shines in the darkness, and the darkness did not overcome it. *(John 1:1-5)*

St John's Gospel is ripe with a dialectic between darkness and light. From the beginning of the Prologue, John makes it clear that the light shines in the darkness. Even though the darkness is there, light will always overcome that darkness.

There's something incredibly reassuring about how God separates light from darkness. Orchestrating it all with infinite possibilities, God decides to create a cadence of light and darkness to fill each day. It's true about the soul, too.

Collect:

Christ our True Light: when the lights of this world blind and bewilder and its darkness brings us no peace, train our eyes to behold your brightness and enfold us in the healing shadow of your wings, that we may love you by night as by day; who with the Father of lights and the Spirit of truth shine upon us, one God, through endless ages. Amen.

Question for Meditation:

- Our souls, like the sky, know times of darkness as well as light. Where is the light in your life today?

Weekly Practice:

- As you notice light around you – light from the sun, a lightbulb or a candle – become aware of God's presence in the world. What does God say to you?
- This week, pay attention to light as you move through your day, especially at the beginning and the close of each day

Prayer for the week

*Spirit of truth and love,
Life giving, holy dove,
Speed forth your flight!
Move on the water's face
Bearing the lamp of grace,
And in earth's darkest place
Let there be light!*

From *"Thou whose almighty word"*,
by John Marriott (1780–1825)