

Second Saturday of Lent – Theme: Water

Centering Thoughts: Water refreshes and renews the soul

Scriptures: *The Lord is my Shepherd; I shall not want. He makes me lie down in green pastures, he leads me beside quiet waters; he restores my soul. (Psalm 23)*

But now thus says the Lord, he who created you, O Jacob, he who formed you O Israel: Do not fear, for I have redeemed you; I have called you by name, you are mine. When you go through deep waters, I will be with you, and through the rivers, they shall not overwhelm you.

(Isaiah 43:2)

As cold waters to a thirsty soul, so is good news from a far country. (Proverbs 25: 25)

Reflection and Questions to Ponder

Psalm 23 is so familiar; you may be tempted to just take it for granted or assume that you already know what it has to say to you. Take time to open your Bible and read the words of this Psalm today. Read them slowly.

*Take some time to ponder the still waters and how God wishes to restore your soul.

Take some time to remember your baptism today. Splash some water on your face, look at yourself in the mirror, say out loud, “I am baptized.”

*What does it mean to you to recognize that your baptism is not simply a past reality – but a present restorative reality? How does your baptism propel you into the future?

Some people choose to become hard and bitter. But Jesus offers us a new and living way of hope and reconciliation. Jesus has us, will hold our heads above the water, helps us to navigate the various rivers that are part of our journey.

But sometimes finding water itself is an act of faith. Exodus 17 reminds us that Moses had a hard time finding water. The people were impatient and threatened to stone him. He had to seek divine intervention. He had to search for a rock.

Hmmmm rocks and water – seems as if God created the very elements of the earth to carry God’s wisdom, words, and grace. Then Moses had to hit the rock with a stick – all to find water. Moses’ search and perseverance was an act of faith – resulting in finding water.

Water – if it is scarce – there is reason for concern. Water is needed for life – physically and spiritually. It brings relief, refreshment.

1. A thirsty person is encouraged, refreshed, revived, sustained by a cold drink of water. Can you recall a spiritual experience that felt like a cool drink of water? A time of refreshment? An answer to a thirst?
2. Who is it that needs you to be the cup bearer of good news, so that their parched life might be renewed?

3. The sculpture depicts feet in water and looking through the water there are numerous colorful stones. Picture your own feet in this pool of water. Listen deeply. Allow the water to speak to you. As you take time to sit, refresh, renew – open your mind to what new hope God might be trying to gift to you this day.

Prayer: Oh Lord, refresh and renew my hope this day. Wash me in your word and wisdom so that I may be the bearer of Good News to those with whom I come in contact every day. Thank you Jesus for being the Living Water to all those who are thirsty and who are in need. Thank you for abiding with me and encouraging me to abide with you. Oh Lord, you are so good!
Amen.