

Fifth Saturday of Lent

Theme: Body

Centering Thought: We need to be tuned into God in order to truly receive God's messages for our lives. Are you taking focused time to tune in?

Scripture:

"I say this for your own benefit, not to put any restraint upon you, but to promote good order and unhindered devotion to the Lord." (1 Corinthians 7: 35)

"Or do you not know that your body is a temple of the Holy Spirit within you, which you have from God and that you are not your own? For you were bought with a price; therefore, glorify God in your body." (1 Corinthians 6: 19 – 20)

"For it was you who formed my inward parts; you knit me together in my mother's womb. I praise you, for I am fearfully and wonderfully made. Wonderful are your works; that I know very well."
(Psalm 139: 13 – 14)

"May the God of steadfastness and encouragement grant you to live in harmony with each other, in accordance with Christ Jesus, so that together you may with one voice glorify the God and Father of our Lord Jesus Christ" (Romans 15: 4 – 5)

"A cheerful heart is a good medicine, but a downcast spirit dries up the bones." (Proverbs 17:22)

"For God alone my soul waits in silence, for my hope is from him." (Psalm 62:5)

" And let the peace of Christ rule in your hearts, to which indeed you were called in the one body. And be thankful." (Colossians 3: 1)

Reflection and Questions to Ponder

"The Greatest difficulty in conversion, is to win the heart to God; and the greatest difficulty after conversion, is to keep the heart with the Lord." -John Flavel

Connection is needed – not just once – not just in or through one experience, but constant connection is needed. We need to be tuned into God in order to truly receive God's messages for our lives. Are you taking focused time to tune in?

In Psalm 139 the psalmist exhibits an extraordinary sensitivity to God's presence even to knowing that God has been intimately involved in every day of the psalmist life.

Early Christians stood out in their culture because of the love and care they showed for one another. We love because God first loved us. God's steadfast love toward us gives us the resources to live with and to love one another.

What does the condition and connection of your body – heart, mind, and spirit – communicate to the world about your relationship with God?

Your body is a Temple, created by God, through which God has granted you life. How are you taking care of this gift? What are you doing to constantly and continually nurture God's breath of life within your body?

1. Are you aware of God's design for your life?
2. What did God have in mind for you when your body was still being formed?
3. Have you fulfilled the mission for which God created you?
4. How is God spiritually forming you even now?
5. What are your spiritual gifts and how is God calling us to use them? Remember Spiritual gifts are those gifts given to you by God to be used on behalf of others.

Prayer: *Almighty God, be near me in times of weakness and pain. Sustain me with your grace. Help me to set aside intentional time to connect my body, my heart, my mind, my spirit with your healing power and love. Give me strength and courage in my body so that I may be a vehicle that carries your power and presence to others in life giving ways. Amen*