

Fourth Wednesday of Lent

Sculpture focus: Face

Scripture:

“As water reflects the face,
so one’s life reflects the heart” (Proverbs 27: 19)

“¹⁴ if my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and will heal their land.” (2 Chronicles 7: 14)

“ But when you fast, put oil on your head and wash your face, ¹⁸ so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you.” (Matt 6: 17 – 18)

“We all, with unveiled faces, are looking as in a mirror at the glory of the Lord and are being transformed into the same image from glory to glory; this is from the Lord who is the Spirit.” (2 Corinthians 3:18)

Reflection

Calm water can act as a mirror. When someone looks into a pool, they see their reflection. This shows them what they truly look like, which might be different from what they assumed. In a similar way, a person's heart reflects who they really are.

How we present to others, what they see in our faces, what they hear coming from our mouths is important. Jesus reminds us that it is what comes out of us, our expressions, our words, that can make us unclean. Jesus reminds us that we have got to pay attention to the health of our hearts, the health of our beliefs – for our behavior follows our beliefs.

If we have been consuming stuff, taking in stuff, reading, watching, experiencing stuff, that harms our hearts, that births hate, or fear, or hopelessness, or pride or disdain for others, that poison will infect the way we believe and therefore the way we behave.

What we are called to seek and take in as followers of Christ, is the face of Jesus, are the words of Jesus, are the actions of Jesus. It is Jesus’ face that can heal us from the poison and harm we encounter in life.

How is your face turned toward Jesus? Does your face reflect the face of the Jesus? Do others see Jesus’ face in you?

1. What are you taking into your life, what thoughts, words, deeds, readings are you consuming?
2. Examine your character – What do the things reflected in your face and your words say about the health of your character?
3. Is your life a reflection of Jesus for others to see?

4. Is your face set in a direction that produces good fruit and do people see and experience the face of Christ through you?

Prayer: *Lord, forgive me for not always being a true reflection of you. I know that I have allowed thoughts and desires to form and grow that do not glorify you and ultimately do not benefit me. I am sorry. Please forgive me.*

At this time, I wholly yield myself to you, Jesus. Mold me and make me into a person that is a true reflection of You. May you empower me and fill me so with your spirit that others see You and Your grace in me. May my face and my words be a reflection of your face and your grace. Let others see you in me. This is my humble prayer. Amen.