

Lenten Devotion

Wednesday, March 18th, 2020

STEP 1: *S H A R E* your highs and lows

What was the best part of your day? What was the worst? Name it. Claim it. Share it with those around you.

✓ TIP: No judging highs and lows.

STEP 2: *R E A D* the Scripture reading

You cannot go wrong with God's word. Read it. Let it come alive among you.

Today's reading: Exodus 17:1-7

Water from the Rock

- 1 From the wilderness of Sin the whole congregation of the Israelites journeyed by stages, as the Lord commanded. They camped at Rephidim, but there was no water for the people to drink.
- 2 The people quarreled with Moses, and said, "Give us water to drink." Moses said to them, "Why do you quarrel with me? Why do you test the Lord?"
- 3 But the people thirsted there for water; and the people complained against Moses and said, "Why did you bring us out of Egypt, to kill us and our children and livestock with thirst?"
- 4 So Moses cried out to the Lord, "What shall I do with this people? They are almost ready to stone me."
- 5 The Lord said to Moses, "Go on ahead of the people, and take some of the elders of Israel with you; take in your hand the staff with which you struck the Nile, and go.
- 6 I will be standing there in front of you on the rock at Horeb. Strike the rock, and water will come out of it, so that the people may drink." Moses did so, in the sight of the elders of Israel.
- 7 He called the place Massah^[a] and Meribah,^[b] because the Israelites quarreled and tested the Lord, saying, "Is the Lord among us or not?"

STEP 3: TALK about how the Bible reading might relate to your highs and lows
This is the step where God's holy text meets our real-life context.

Unpack the verse a bit. What does it mean in your own words? Wonder together about how it might relate to where you are today in your highs and lows. Go deep, asking what God might be trying to teach you through this particular Scripture passage on this particular day.

✓ TIP: *Don't be afraid to tell the truth. If you have no idea what God is saying to you through this particular verse, go ahead and say so. It's okay, because God's action doesn't depend on our comprehension. Thank God!*

STEP 4: PRAY for one another's highs and lows

Offer your hearts and minds in prayer. Simply talk to God, thank Jesus for the good, and ask the Holy Spirit for guidance in specific problems.

Take turns leading the prayer or write a prayer together. Ask everyone to pray for the person on their right. Pray aloud or take time in silence. Whatever works for your group best.

✓ TIP: *You cannot do prayer wrong. Go together to God, offering the realities of your lives. Lay it all in the hands of the one who created you and is on duty 24/7.*

STEP 5: BLESS one another

Trace the sign of the cross on one another's forehead or palm as a reminder that you belong to God and to one another. Make eye and heart contact as you share words of blessing such as "Jesus loves you" or "The Lord bless and keep you" or "You are a beloved child of God". This reminder will help to carry us through the week.