

Lenten Soup Supper

Wednesday, March 25th, 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. These are subjective and feel different for each person.*

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: 1 Samuel 16:1-13. David anointed as King.

- 1** The Lord said to Samuel, "How long will you grieve over Saul? I have rejected him from being king over Israel. Fill your horn with oil and set out; I will send you to Jesse the Bethlehemite, for I have provided for myself a king among his sons."
- 2** Samuel said, "How can I go? If Saul hears of it, he will kill me." And the Lord said, "Take a heifer with you, and say, 'I have come to sacrifice to the Lord.'"
- 3** Invite Jesse to the sacrifice, and I will show you what you shall do; and you shall anoint for me the one whom I name to you."
- 4** Samuel did what the Lord commanded, and came to Bethlehem. The elders of the city came to meet him trembling, and said, "Do you come peaceably?"
- 5** He said, "Peaceably; I have come to sacrifice to the Lord; sanctify yourselves and come with me to the sacrifice." And he sanctified Jesse and his sons and invited them to the sacrifice.
- 6** When they came, he looked on Eliab and thought, "Surely the Lord's anointed is now before the Lord."
- 7** But the Lord said to Samuel, "Do not look on his appearance or on the height of his stature, because I have rejected him; for the Lord does not see as mortals see; they look on the outward appearance, but the Lord looks on the heart."
- 8** Then Jesse called Abinadab, and made him pass before Samuel. He said, "Neither has the Lord chosen this one."
- 9** Then Jesse made Shammah pass by. And he said, "Neither has the Lord chosen this one."
- 10** Jesse made seven of his sons pass before Samuel, and Samuel said to Jesse, "The Lord has not chosen any of these."
- 11** Samuel said to Jesse, "Are all your sons here?" And he said, "There remains yet the youngest, but he is keeping the sheep." And Samuel said to Jesse, "Send and bring him; for we will not sit down until he comes here."
- 12** He sent and brought him in. Now he was ruddy, and had beautiful eyes, and was handsome. The Lord said, "Rise and anoint him; for this is the one."
- 13** Then Samuel took the horn of oil, and anointed him in the presence of his brothers; and the spirit of the Lord came mightily upon David from that day forward. Samuel then set out and went to Ramah.

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 best for your group.

✓ 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. 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.