

Lenten Soup Supper

Wednesday, April 1st, 2020

STEP 1: *SHARE* 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: *READ* the Scripture reading

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

Today's reading: Ezekiel 37:1-14

- 1 The hand of the Lord came upon me, and he brought me out by the spirit of the Lord and set me down in the middle of a valley; it was full of bones.
- 2 He led me all around them; there were very many lying in the valley, and they were very dry.
- 3 He said to me, "Mortal, can these bones live?" I answered, "O Lord God, you know."
- 4 Then he said to me, "Prophesy to these bones, and say to them: O dry bones, hear the word of the Lord.
- 5 Thus says the Lord God to these bones: I will cause breath[a] to enter you, and you shall live.
- 6 I will lay sinews on you, and will cause flesh to come upon you, and cover you with skin, and put breath[b] in you, and you shall live; and you shall know that I am the Lord."
- 7 So I prophesied as I had been commanded; and as I prophesied, suddenly there was a noise, a rattling, and the bones came together, bone to its bone.
- 8 I looked, and there were sinews on them, and flesh had come upon them, and skin had covered them; but there was no breath in them.
- 9 Then he said to me, "Prophesy to the breath, prophesy, mortal, and say to the breath:[c] Thus says the Lord God: Come from the four winds, O breath,[d] and breathe upon these slain, that they may live."
- 10 I prophesied as he commanded me, and the breath came into them, and they lived, and stood on their feet, a vast multitude.
- 11 Then he said to me, "Mortal, these bones are the whole house of Israel. They say, 'Our bones are dried up, and our hope is lost; we are cut off completely.'
- 12 Therefore prophesy, and say to them, Thus says the Lord God: I am going to open your graves, and bring you up from your graves, O my people; and I will bring you back to the land of Israel.
- 13 And you shall know that I am the Lord, when I open your graves, and bring you up from your graves, O my people.
- 14 I will put my spirit within you, and you shall live, and I will place you on your own soil; then you shall know that I, the Lord, have spoken and will act, says the Lord."

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.