

Daily Reflection on Scripture
Week of March 5
Finding Wisdom in the Wilderness
Learn



Sunday, March 5

Scripture - *Matthew 4:1-4* Then the Spirit led Jesus up into the wilderness so that the devil might tempt him. After Jesus had fasted for forty days and forty nights, he was starving. The tempter came to him and said, "Since you are God's Son, command these stones to become bread." Jesus replied, "It's written, People won't live only by bread, but by every word spoken by God."

Reflection: This is how the story begins of Jesus being led into the wilderness. Wilderness is a great metaphor for those times in our lives when life is hard. Everyone goes through the wilderness. They are unavoidable. The great insight in this scripture is how Jesus was able to endure his own wilderness experience. Before he was tested he fasted. That means for forty days Jesus had a spiritual practice, a way to connect with God's unconditional love and strength. It was that practice that centered Jesus in the ways of God that led him through his wilderness experience with a new vision for life. The same is true for all of us.

This Lent we are focusing on seven spiritual practices that can help us strengthen our connection to God and like Jesus be given the strength to make it through our own wilderness times and come out the other side with a new vision for life.

Spiritual Practices don't safeguard us from the wilderness, instead they strength our connection to God and that connection is what holds us up and leads on. The key word is practice. Not that these practices will make you perfect, but they will make you feel more connected to God, yourself and others.

Instead of sending a different scripture verse each this week with a reflection we will send you a morning inspirational quote about spiritual practices and a noonday text as a reminder to practice one of the seven spiritual practices this week.

Try to practice as many as you can these next forty days. You can access them on the GOTGo App or on our website. They are also available in hardcopy at Crossroads.

Pause: Practice three minutes of silence. Sit comfortably with hands in your lap. When your mind wonders say to yourself, "God is love".

Monday, March 6

Reflection: *When your life is filled with the desire to see the holiness in everyday life, something magical happens: ordinary life becomes extraordinary, and the very process of life begins to nourish your soul! - Rabbi Harold Kushner*

Pause: Practice seeing God in nature. Go outside. Feel the breeze and the warmth of the sun. Listen to the sounds. God is meeting you there.

Tuesday, March 7

Reflection: *You must have a room or a certain hour of the day...a place where you can simply experience and bring forth what you are, and what you might be.... A first you may find nothing happening... But if you have a sacred place and use it, take advantage of it, something will happen – Joseph Campbell*

Pause: In this moment practice gratitude. Take one minute to think of all the things for which you are grateful. Be as specific as you can.

Wednesday, March 8

Reflection: *Big heartedness is the most essential virtue on the spiritual journey – Matthew Fox*

Pause: Engage the practice of money. What have been your thoughts about money today? What fears do you have about money? What joys do you have?

Thursday March 9

Reflection: *My brothers and sisters, what good is it if people say they have faith but do nothing to show it? Claiming to have faith can't save anyone, can it? Imagine a brother or sister who is naked and never has enough food to eat. What if one of you said, "Go in peace! Stay warm! Have a nice meal!"? What good is it if you don't actually give them what their body needs? In the same way, faith is dead when it doesn't result in faithful activity. James 2:14-16*

Pause: Practice service. Whom have you served today with love? If you haven't served anyone yet look for ways to be God's love to someone.

Friday, March 10

Reflection: *But Jesus would withdraw to deserted places for prayer. – Luke 5:16*

Pause: Practice breath prayer. Breathe in: *Forever I am...* Breathe out: *loved by God.* Breathe in: *Wherever I am...* Breathe out: *there is God.* Repeat.

Saturday, March 11

Reflection: *Examine me, God! Look at my heart! Put me to the test! Know my anxious thoughts! Look to see if there is any idolatrous way in me then lead me on the eternal path! – Psalm 139:23-24*

Pause: Practice a brief Examen. How are you experiencing God today? What has made you feel most alive? What has drained you? How is your soul?