

As you pause to wash your hands you may like to use this washing meditation:

1. "Wash us clean."

We remember the words of Psalm 51, *"Wash me, and I will be whiter than snow... Create in me a clean heart, O God, and renew a steadfast spirit within me."*

2. "We are in your hands."

We are in God's hands, whatever our circumstances, today. *"The life of every living thing is in [Your] hand," (Job 12).* Commit yourself afresh to God.

3. "Help us *be* your hands."

As Teresa of Avila once wrote, *"Christ has no body now on earth but yours, no hands no feet... but yours."*

And one last thing to recall, as we pause for meditation: Jesus didn't wash His hands of us, even to the last, though Pilate washed his hands of Him. In the same way, let's not wash our hands of each other, but for each other - as we bring that loving touch of God to life.

Brian Draper: Lent 2020 Wilder-ness



(A Prayer exercise to bring yourself as you are to God.)

1. I quiet myself down. I slow down my breathing. I sit very still for a moment and try to turn down the volume on my random thoughts and worries.
2. I spend a few moments in gratitude, thanking God for one or two blessings, big or small, that I've received today.
3. In my heart, I hear God asking me, "Where are you?" I sit with that question awhile before I even try to answer. I then begin by describing to God, as best I can, where I am today – mentally, physically and most important, spiritually. I share with God my strongest thoughts and emotions; I simply name them and turn them over to God.
4. Now, using *prayerful imagination*,
 - I listen for anything the Lord might be trying to tell me at the moment. If I "hear" nothing, then I simply sit in God's presence as I present my response to his "Where are you?" question.
 - I see Jesus' face before me, looking at me with love in his eyes. I hear him ask, "What do you seek?" I sit with that question awhile before I try to answer. I then begin to answer the Lord's question. I tell him about my great desires for myself, my family, my community, and so on.
 - I listen for anything Jesus might be trying to tell me at this moment. If I "hear" nothing, then I simply sit in his presence as I present my response to his "What do you seek?" question.
5. I close by responding to God: it could be thanking him for this time, promising to do something differently or asking him to go with me. I end as I wish and say *Amen*.

From Reimagining the Ignatian Examen, 2015

Holding on to God's Promises

When our emotions overtake us and we are anxious, fearful or angry, then it can be helpful to turn to God's promises and to hold onto His truth. Choose a promise such as one below. Read it slowly, meditate on it (in other words chew it over), let it sink into your soul and quieten you.

Nothing... will be able to separate us from the love of God that is in Christ Jesus our Lord. Romans 8:38-9

So do not fear, for I am with you;
do not be dismayed, for I am your God.
I will strengthen you and help you;
I will uphold you with my righteous right hand. Isaiah 41:10

Whoever dwells in the shelter of the Most High
will rest in the shadow of the Almighty.
I will say of the LORD, "He is my refuge and my fortress,
my God, in whom I trust." Psalm 91:1-2

Cast all your anxiety on him because he cares for you. 1 Peter 5:7

Jesus said "I am with you always, to the very end of the age."
Matthew 27:20

Be still and know that I am God. Psalm 46:10

Praying for Others

Please pray for:

- All affected by the Coronavirus – those who come to mind
- Those who are ill; with underlying health conditions and the vulnerable
- The anxious or lonely
- Those under particular strain and stress – Health workers, food industry workers, delivery drivers...
- People struggling financially
- The homeless
- World leaders and those making decisions
- Church leaders – for wisdom and guidance as they encourage others to show God's love
- Supportive communities – *Every hand that we don't shake to become a phone call that we make*
- For the Coronavirus to go away
"With man this is impossible, but with God all things are possible" (Matthew 19:26)
- For God's Kingdom to come and his will to be done on earth at this time