



Diocese of Aberdeen and Orkney's Lent Course 2024

THE WAY TO THE CROSS

WEDNESDAY 21 FEBRUARY



RESOURCES FROM THE ARTS REFLECTING ON GOD'S FAITHFULNESS

Today you're invited to reflect on music and art. You may have hymns, pieces of music or art that come to mind as you reflect this week. However, these are offered for places to start.

For pieces of music with words, listen to the words (or look them up), do these resonate with you and what do they make you think of in relation to this Lent and your faith journey?

There is a playlist of music suggestions offered in the course (and more) that can be found on [Spotify](https://open.spotify.com/playlist/2sFIFKVbBpfAG5cn1obsRD?si=12ff8c21172e4bec)
[<https://open.spotify.com/playlist/2sFIFKVbBpfAG5cn1obsRD?si=12ff8c21172e4bec>]

Music for the First Week of Lent

- *Gottes Zeit ist die allerbeste Zeit, BWV 106* by J.S. Bach, one version is by the Bach Ensemble
- *Down to the River to Pray*, one version is by Alison Krauss. How does this connect to the account of Jesus' baptism in the Gospel of Mark?
- *Every Promise of Your Word* by Getty/Townend, this speaks of God's promises
- *The hymn 'Forty days and forty nights'* by George Smyttan and Francis Pott

Collect for First Sunday of Lent

Almighty God,
whose Son fasted forty
days in the wilderness,
and was tempted as we
are but did not sin,
give us grace to
discipline ourselves in
submission to your
Spirit, that as you
know our weakness so
we may know your
power to save;
through Jesus Christ
our Lord, who lives
and reigns with you
and the Holy Spirit,
one God,
now and for ever.
Amen.



The Temptation of Christ, Painting by Eric Armusik (born 1973), Painted in 2011, Oil on birch © Eric Armusik, all rights reserved (via christian.art)

This painting portrays Jesus in the wilderness being tempted by Satan (Mark 1.9-15).

What does this painting make you feel? It seems dark with Satan sidling up to Jesus. Jesus is barefoot so can not escape anywhere fast. The birds in the image are dark, perhaps wild beasts but very different to the doves evoked in Jesus baptism narratives and thinking about the rainbow and Noah. The Gospel of Mark tells us that Jesus resisted Satan in the wilderness and returned to the people of God and proclaimed good news.

“The time is fulfilled, and the kingdom of God has come near; repent, and believe in the good news.”

Mark 1.15

Usual Weekly Pattern

Sunday
RCL Eucharist
Readings and Collect

Monday
Delving Deeper into
the Readings

Tuesday
Words from Others
(sacred & secular)

Wednesday
Resources from the
Arts

Thursday
Contemplative Acts

Friday
Personal Reflection
- what this means to
me

Saturday
Acts & Deeds