



Diocese of Aberdeen and Orkney's Lent Course 2024

# THE WAY TO THE CROSS

FRIDAY 8 MARCH



## PERSONAL REFLECTION

One theme in the readings for the Third Sunday of Lent is following God's commandments and living them in our hearts.

If you're looking at these materials as a group you're invited to share what that means to you. What does following God's commandments look like to you in how you act in the world, with those you love and those you might class as your enemies.

Proverbs 4.4b (NRSVA) says "Let your heart hold fast my words; keep my commandments, and live." How do you ensure your heart holds fast the words of God, and that God's commandments determine how you live?

Psalm 19 speaks of the ways that God's glory is revealed in creation and then speaks of the value of the commandments. Where do you see God in Creation and how does it (or how does it not) help you connect and reflect on God's commandments.

Part of the Scottish Liturgy 1982 is the Summary of the Law: Our Lord Jesus Christ said: The first commandment is this: Hear, O Israel, the Lord our God is the only Lord. You shall love the Lord your God with all your heart, with all your soul, with all your mind and with all Your strength." The second is this: "Love your neighbour as yourself." There is no other commandment greater than these. **Amen. Lord, have mercy.**

Reflecting on Jesus' words and Jesus actions in the temple, what might you be called to do in loving God and loving your neighbour as yourself?

Collect for  
Third Sunday of  
Lent

Father of mercy,  
alone we have no  
power in ourselves  
to help ourselves.  
When we are  
discouraged by our  
weakness,  
strengthen us to  
follow Christ, our  
pattern and our  
hope; who lives and  
reigns with you and  
the Holy Spirit, one  
God, now and for  
ever.  
Amen.