



Diocese of Aberdeen and Orkney's Lent Course 2024

THE WAY TO THE CROSS

FRIDAY 23 FEBRUARY



PERSONAL REFLECTION

One theme in the readings for the First Sunday of Lent is God is faithful to us and humanity, even and despite us wandering away from God.

If you're looking at these materials as a group you're invited to share what that means to you. Are there times where you feel you have wandered away from God but come back?

Perhaps as individuals you could draw a map of your faith journey so far, with valleys and hills, rivers and the sea. Highs where you rejoiced in your closeness with God and perhaps lows when faith and belief felt very hard or were absent. You might want to mark significant events in your life and your journey of faith in this map. You might want to share it with others or not.

What does it mean to you that God's love always abides with you, that God is faithful to us and the world. How does this give you hope this Lent?

Are there passages of scripture that you return to when considering that God is faithful to us no matter what we do. If you're in a group you might wish to share these with each other to encourage one another.

What are signs in your life and of your community that remind you of God's promises - like the rainbow to Noah?

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.