

Lifting our souls, Trusting in God

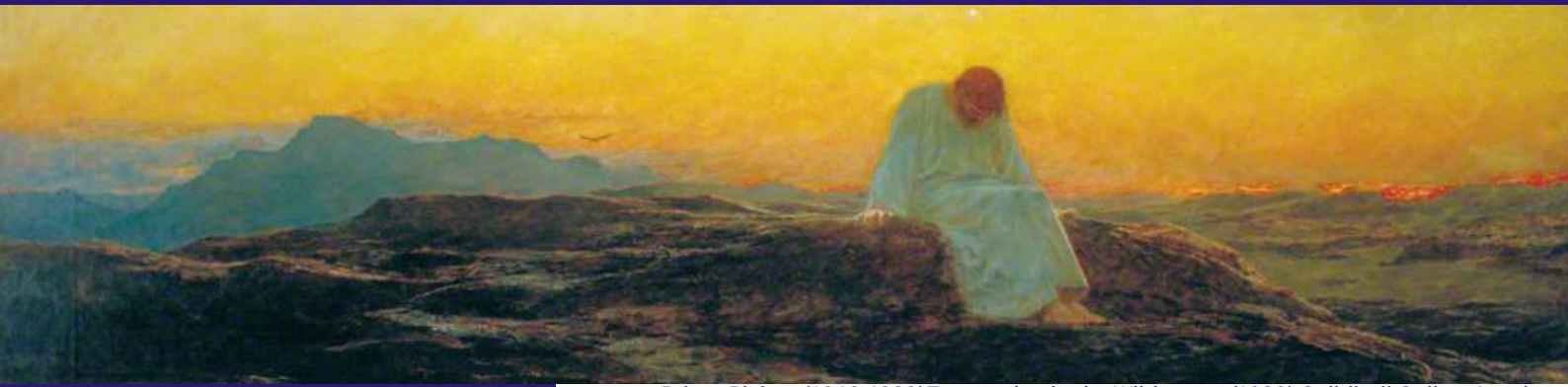
LENT AND EASTER COURSE FROM THE
DIOCESE OF ABERDEEN AND ORKNEY

Psalm 32

1 Happy are they whose transgressions are forgiven, *
and whose sin is put away!
2 Happy are they to whom the Lord imputes no guilt,
* and in whose spirit there is no guile!
3 While I held my tongue, my bones withered away, *
because of my groaning all day long.
4 For your hand was heavy upon me day and night; *
my moisture was dried up as in the heat of summer.
5 Then I acknowledged my sin to you, * and did not
conceal my guilt.
6 I said, "I will confess my transgressions to the
Lord." * Then you forgave me the guilt of my sin.
7 Therefore all the faithful will make their prayers to
you in time of trouble; * when the great waters
overflow, they shall not reach them.
8 You are my hiding-place; you preserve me from
trouble; * you surround me with shouts of
deliverance.
9 "I will instruct you and teach you in the way that
you should go; * I will guide you with my eye.
10 Do not be like horse or mule, which have no
understanding; * who must be fitted with bit and
bridle, or else they will not stay near you."
11 Great are the tribulations of the wicked; *
but mercy embraces those who trust in the Lord.
12 Be glad, you righteous, and rejoice in the Lord; *
shout for joy, all who are true of heart.

COLLECT

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.



Briton Riviere (1840-1920) *Temptation in the Wilderness* (1898) Guildhall Gallery London

“Lenten fasts make me feel better, stronger, and more active than ever.” – Saint Catherine of Genoa

“Let the mouth fast from foul words and unjust criticism, for what good is it if we abstain from birds and fishes but bite and devour our brothers?” – Saint John Chrysostom

“Lent is a time of grace, a time for conversion, a time to come home to God.” – Saint Maximilian Kolbe

Penitence and working on our hearts and souls involves honesty. Psalm 32 speaks of forgiveness and what is involved on our part. The moves required from concealing sin to confessing sin to divine forgiveness. This is not always easy but God's love for us is constant and accompanies us on this journey. Malcolm Guite's sonnet (below) in response to Psalm 32 ends with a reminder of this.

What might you need to be honest about in being penitent this Lent?

XXXII Beati, quorum by Malcolm Guite

In your deep silence and your mystery
You led me to confess and be forgiven.
You gave me the relief of honesty

How long and bitterly I might have striven
With all the guilt that I could hardly name
How painfully my heart might have been riven

By hidden memories and secret shame
Instead you blessed me with a new beginning
Unbound me from bands and brands of blame

My false accounts of losing or of winning
And called me to come forth like Lazarus
And start my life again, rejoicing, singing

Baptised and born in your mysterious
And all-involving love, a love that lifts,
A love that comforts and embraces us.

To Listen:

I turn to you Lord by Tony Alonso

A playlist of music suggestions for the course can be found at <https://open.spotify.com/playlist/3pJcG5xAlxzhL2Aolau0Q4?si=582cd1f921ae4fb1>