

Lifting our souls, Trusting in God

LENT AND EASTER COURSE FROM THE
DIOCESE OF ABERDEEN AND ORKNEY



Psalm 95

1 Come, let us sing to the Lord; *
let us shout for joy to the Rock of our salvation.
2 Let us come before his presence with thanksgiving
* and raise a loud shout to him with psalms.
3 For the Lord is a great God, *
and a great King above all gods.
4 In his hand are the caverns of the earth, *
and the heights of the hills are his also.
5 The sea is his, for he made it, *
and his hands have molded the dry land.
6 Come, let us bow down, and bend the knee, *
and kneel before the Lord our Maker.
7 For he is our God,
and we are the people of his pasture and the sheep
of his hand. *
Oh, that today you would hearken to his voice!
8 Harden not your hearts,
as your forebears did in the wilderness, *
at Meribah, and on that day at Massah,
when they tempted me.
9 They put me to the test, *
though they had seen my works.
10 Forty years long I detested that generation and
said, *
"This people are wayward in their hearts;
they do not know my ways."
11 So I swore in my wrath, *
"They shall not enter into my rest."

COLLECT

Almighty God, whose
Son Jesus Christ
gives the water of
eternal life, may we
always thirst for you,
the spring of life and
source of goodness;
through him who
lives and reigns with
you and the Holy
Spirit, one God, now
and for ever.
Amen.



Hemryk Siemiradski (1843-1902) *Christ and the Samaritan Woman*, Lviv Art Gallery, Ukraine.

“All doors are open to the believer. It is the lesson of the Samaritan woman at the well.” — Patti Smith

“Aliveness, he will teach, is a gift available to all by God's grace. It flows not from taking, but giving, not from fear but from faith, not from conflict but from reconciliation, not from domination but from service. It isn't found in the upper trappings of religion -rules and rituals, controversies and scruples, temples and traditions. No, it springs up from our innermost being like a fountain of living water. It intoxicates us like the best wine ever and so turns life from disappointment into a banquet.” — Brian D. McLaren

The refrain for Psalm 95 in the Third Week of Lent is “O that today you would hearken to his voice! Harden not your hearts.”

How do you ‘hearken’ to the voice of God?

Today you’re invited to use silence to help you listen to the voice of God. You might use silence regularly, as part of your spiritual practices, or it might be a new practice for you.

Carve out some time in your day. You might wish to light a candle and make yourself comfortable. Begin by saying the Lord’s Prayer and spend some time in silence. It might help to have a phrase to repeat to yourself - perhaps from the Psalm - to help you focus. You might wish to set a timer - for 5 minutes or 15 minutes or 50 minutes or perhaps longer. You can close by saying the Lord’s Prayer again.

To Listen:

O Come Let Us Sing to the Lord (Scottish Psalter)

A playlist of music suggestions for the course can be found at

<https://open.spotify.com/playlist/3pJcG5xA1xzhL2Aolau0Q4?si=582cd1f921ae4fb1>