

Lifting our souls, Trusting in God

LENT AND EASTER COURSE FROM THE
DIOCESE OF ABERDEEN AND ORKNEY



Ephesians 5:8

Live as children of light— for the fruit of the light is found in all that is good and right and true.



In Ephesians 5:8 we're told to be children of the light. This is to impact our interior and exterior lives - how we act, how we think about things and how we are in the world. How might we put that into action this Lent?

COLLECT

Almighty God, through the waters of baptism your Son has made us children of light. May we ever walk in his light and show forth your glory in the world; through Jesus Christ our Lord, who is alive and reigns with you and the Holy Spirit, one God, now and for ever. Amen.



Duccio (d. 1319) *Healing of the Man Born Blind*, National Gallery, London.

“What an example of firm faith the blind man gives us! A living, operative faith. Do you behave like this when God commands, when so often you can’t see, when your soul is worried and the light is gone?” — St. Josemaria Escriva

““Don’t shine so that others can see you. Shine so that through you, others can see Him.” — C.S. Lewis

“Rejoice with Jerusalem and be glad because of her, all you who love her.” — Isaiah 66:10 (NIV)

How we act can involve small and big acts. How does your faith impact your ethics?

However, life is full of small acts and these can be a way to live as children of light, of sharing Jesus’ love for the world and love for all of humanity in small ways.

Kindness is a fruit of the spirit (Galatians 5:22) and is an active concern for other not just politeness. It is rooted in God’s character and we’re asked to show it to all without expecting anything in return.

Today you’re asked to think about practical acts of kindness and how you might do one or more today as part of giving of time this Lent.

It might be holding the door, emptying a dishwasher, putting out someone’s wheelie bin or something else...

To Listen:

You Are the Light by Oslo Gospel Choir
Kindness of Strangers by Sara Groves

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