

Lifting our souls, Trusting in God

LENT AND EASTER COURSE FROM THE
DIOCESE OF ABERDEEN AND ORKNEY



Psalm 130

1 Out of the depths have I called to you, O Lord;
Lord, hear my voice; *
let your ears consider well the voice of my
supplication.
2 If you, Lord, were to note what is done amiss, *
O Lord, who could stand?
3 For there is forgiveness with you; *
therefore you shall be feared.
4 I wait for the Lord; my soul waits for him; *
in his word is my hope.
5 My soul waits for the Lord,
more than watchmen for the morning, *
more than watchmen for the morning.
6 O Israel, wait for the Lord, *
for with the Lord there is mercy;
7 With him there is plenteous redemption, *
and he shall redeem Israel from all their sins.



COLLECT

Almighty God, your Son
came into the world to
free us all from sin and
death. Breathe upon us
with the power of your
Spirit, that we may be
raised to new life in
Christ and serve you in
holiness and
righteousness all our
days; through the same
Jesus Christ, our Lord,
who lives and reigns
with you and the Holy
Spirit, one God, now and
for ever.
Amen.



Resurrection of the Dead (c. 1250) Enamel Victoria and Albert Museum

“But what had lasting significance were not the miracles themselves but Jesus' love. Jesus raised his friend Lazarus from the dead, and a few years later, Lazarus died again. Jesus healed the sick, but eventually caught some other disease. He fed the ten thousands, and the next day they were hungry again. But we remember his love. It wasn't that Jesus healed a leper but that he touched a leper, because no one touched lepers.” – Shane Claiborne

“It makes me think of Lazarus. He must have had those shadows after his miracle. You don't spend time in the tomb without it changing you, and everyone who was waiting for you to come out.” – Sara Zarr

The Psalm set for the Fifth Sunday of Lent (also known as Passion Sunday) begins with the cry “Out of the depths I cry to you, O LORD”. In the context of other readings this Sunday, which are explicit about resurrection. Whether about dry bones living, confounding Israel's despair (Ezekiel 37), contrasting the mortality of the flesh with the life of the Spirit (Romans 8) or John 11's account of the raising of Lazarus. We are approaching the cross of Good Friday rapidly - the Blessing changed this Sunday so it begins “Christ crucified draw you to himself, to find in him a sure ground for faith, a firm support for hope, and the assurance of sins forgiven”.

However, we still cry out to God from the depths, from our troubles, about the troubles of the world, of our loved ones, our neighbours - near and far. The Psalmist speaks of waiting for and on the Lord - waiting with hope and expectation. In this Psalm we hear the familiar (to some) experience of suffering loneliness in the dark night in the midst of doubt, but God is there.

What are your cries out to God from the deep?
For yourself? For your loved ones? For the world?

Today you're invited to spend crying these out to God.

To Listen:

Out of the Deep (from Requiem) by John Rutter
Out of the deep by Orlando Gibbons

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



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sorrows by Lucille Clifton

who would believe them winged
who would believe they could be

beautiful who would believe
they could fall so in love with mortals

that they would attach themselves
as scars attach and ride the skin

sometimes we hear them in our dreams
rattling their skulls clicking their bony fingers

envying our crackling hair
our spice filled flesh

they have heard me beseeching
as I whispered into my own

cupped hands enough not me again
enough but who can distinguish

one human voice
amid such choruses of desire

Source: Poetry (September 2007)