

Lifting our souls, Trusting in God

LENT AND EASTER COURSE FROM THE
DIOCESE OF ABERDEEN AND ORKNEY

John 3:1-17

There was a Pharisee named Nicodemus, a leader of the Jews. He came to Jesus by night and said to him, "Rabbi, we know that you are a teacher who has come from God; for no one can do these signs that you do apart from the presence of God." Jesus answered him, "Very truly, I tell you, no one can see the kingdom of God without being born from above." Nicodemus said to him, "How can anyone be born after having grown old? Can one enter a second time into the mother's womb and be born?" Jesus answered, "Very truly, I tell you, no one can enter the kingdom of God without being born of water and Spirit. What is born of the flesh is flesh, and what is born of the Spirit is spirit. Do not be astonished that I said to you, 'You must be born from above.' The wind blows where it chooses, and you hear the sound of it, but you do not know where it comes from or where it goes. So it is with everyone who is born of the Spirit." Nicodemus said to him, "How can these things be?" Jesus answered him, "Are you a teacher of Israel, and yet you do not understand these things?

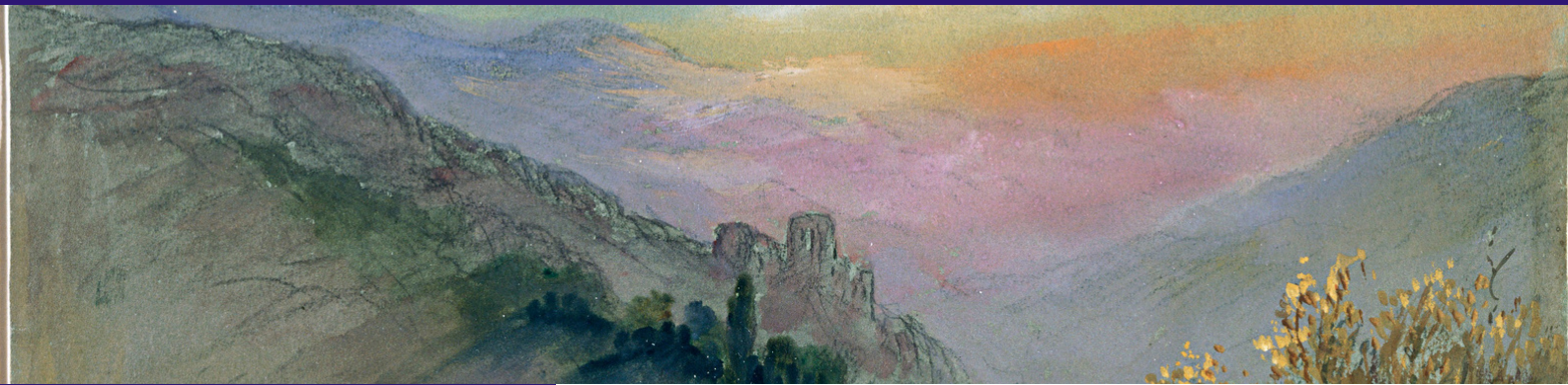
"Very truly, I tell you, we speak of what we know and testify to what we have seen; yet you do not receive our testimony. If I have told you about earthly things and you do not believe, how can you believe if I tell you about heavenly things? No one has ascended into heaven except the one who descended from heaven, the Son of Man. And just as Moses lifted up the serpent in the wilderness, so must the Son of Man be lifted up, that whoever believes in him may have eternal life.

"For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life.

"Indeed, God did not send the Son into the world to condemn the world, but in order that the world might be saved through him."

COLLECT

God of patience and humility, in your love you gave your Son to be rejected and raised up on a cross. Gather us under its shadow and open our eyes to its mystery, that we may share even now in the life that is from above; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever.
Amen.



Hercules Brabazon (1821-1906) *Mountain Landscape*, Phillips Collections Washington D.C.

*The shape of true love
isn't a diamond. It's a
cross. —Alicia Bruxvoort*

*“Though we yearn to
eventuate a future that
does not exist, we continue
to reach out because we
believe it nonetheless. We
have to believe in
bettering. We have to
believe in the lives that
come after us.” –Rev.
Grace Ji-Sun Kim*

*“Jesus will put the cosmos
right again. Creator uses
love to heal and restore,
and we can choose to
cooperate with that plan.
We were created in
Shalom and to Shalom we
shall return – to a
profoundly good creation.”
– Lenore Three Stars,*

*For God so Loved the World that he gave his only
Son , so that everyone who believes in him may not
perish but may have eternal life. (John 3:16).*

These are familiar words from this Sunday's Gospel reading. They are said to sum up the whole Gospel in a verse. This one verse tells us of the profound depth of God's love - shown through the sacrifice of God's son. There is a promise to humanity that those who believe in Jesus are promised eternal life, this is through the gift of Jesus. This gift is universal for all people, with the focus being on saving the world not condemning the world.

What is your relationship to John 3:16, today you're invited to reflect on what it means to you at this point of your faith journey.

To Listen:

My Song is Love Unknown by Bob Chilcott
My Song is Love Unknown by John Ireland

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



Pittman, Lauren Wright. *Born Again*, from *Art in the Christian Tradition*, a project of the Vanderbilt Divinity Library, Nashville, TN. <https://diglib.library.vanderbilt.edu/act-imagelink.pl?RC=57087> [retrieved February 25, 2026]. Original source: Lauren Wright Pittman, <http://www.lewpstudio.com/>.