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Lenten

MOMENTS



Our Lenten journey should remind us that God is always with us, enveloping us in love and gently encouraging us to share this love with the world. Often in the busyness of our lives we don't have the time and space to appreciate the strength and beauty of the love which sustains us. Lent is a time to make the space for prayer, reflection, contemplation and stillness; whatever brings us close to God and to all of creation.

One of the ways the poet Maria Rainer Rilke pictured God was as a 'thousand roots silently drinking.' What a powerful image! Rilke also notes that these roots are in darkness, an image which assures us that even if we do not always sense God nourishing us, it is happening all the same, just as the hidden roots are nourishing the trees. If we trust and stay close to the stream of the Holy One, our roots of faith will be fed. God will provide us with the spiritual nourishment we need in order to bear abundant goodness in our life, even in the dry seasons. (Rupp. *God's Enduring Presence*. 2008)

FOR REFLECTION

Will you have 'sentinel time' this Lenten season?
How can you encourage others to also stop and appreciate the God presence within and around them?

Our times of silence, prayer, and solitude are our sentinel times. During this restorative period, we renew our ability to be aware of God's presence. We may grow tired of hearing about the importance of silence and the necessity of quiet time but this spiritual attentiveness is an absolute must. Our frenetic culture tempts us away from this spiritual alertness by offering us constant activity and unending noise. Be assured, our soul needs stillness. Like a sentinel guarding our mind and heart, stillness readies us to welcome God's presence during the busy parts of our day. (Rupp. *God's Enduring Presence*, 2008)

My soul waits for the Lord more than sentinels wait for the dawn. (Psalm 130:6)