



Lent  
Daily  
Journey  
2021

# Life-Giving Spirit

17<sup>th</sup> to 20<sup>th</sup> February

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# Welcome

We are delighted that you are going to read and reflect through Lent 2021 with the peculiar challenges which this year presents.

These online booklets have been produced in such a way that they can be used individually or in groups. Each day gives you a morning Bible passage which you can read or to which you may listen, a midday prayer, an afternoon video reflection, and an evening meditation. The media links are on the following pages accessed by these icons:



Audio



Video



Reflection

If you wish to have the weekly booklet delivered to you in pdf format you can subscribe by sending an email to [Lent.Daily.Journey@gmail.com](mailto:Lent.Daily.Journey@gmail.com). We would be happy to receive any feedback at the same address.

Each week there will be a short study and discussion guide on the theme of the readings.

This resource is a labour of love being made available free and we encourage you to share it widely. If you would like to make a donation please visit the Church of Scotland HIV Programme page [here](#).

We wish you every blessing as you read and reflect through Lent 2021.

Robin Hill  
Alec Shuttleworth

A person with long dark hair, wearing a grey long-sleeved shirt and dark pants, is sitting in a meditative pose on a sandy beach. The person is facing away from the camera, looking out at the ocean. The sky is a mix of soft pinks, oranges, and blues, suggesting a sunset or sunrise. The waves are gentle and white-capped. The overall mood is peaceful and contemplative.

# Ash Wednesday

Jesus, full of the Holy Spirit, left the Jordan and was led by the Spirit into the wilderness, where for forty days he was tempted by the devil. He ate nothing during those days, and at the end of them he was hungry. The devil said to him, "If you are the Son of God, tell this stone to become bread." Jesus answered, "It is written: 'Man shall not live on bread alone.'" The devil led him up to a high place and showed him in an instant all the kingdoms of the world. And he said to him, "I will give you all their authority and splendor; it has been given to me, and I can give it to anyone I want to. If you worship me, it will all be yours." Jesus answered, "It is written:

'Worship the Lord your God and serve him only.'" The devil led him to Jerusalem and had him stand on the highest point of the temple. "If you are the Son of God," he said, "throw yourself down from here. For it is written: "He will command his angels concerning you to guard you carefully; they will lift you up in their hands, so that you will not strike your foot against a stone.'" Jesus answered, "It is said: 'Do not put the Lord your God to the test.'" When the devil had finished all this tempting, he left him until an opportune time.

Luke 4:1-13

# Led by the spirit...

May your Spirit guide my mind,  
Which is so often dull and empty.  
Let my thoughts always be on you,  
And let me see you in all things.

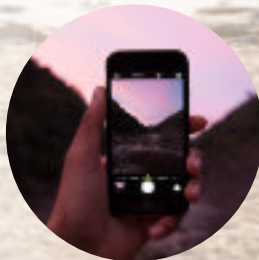
May your Spirit quicken my soul,  
Which is so often listless and lethargic.  
Let my soul be awake to your presence,  
And let me know you in all things.

May your Spirit melt my heart,  
Which is so often cold and indifferent.  
Let my heart be warmed by your love,  
And let me feel you in all things.

Johann Freylinghausen, 1670-1739



Audio

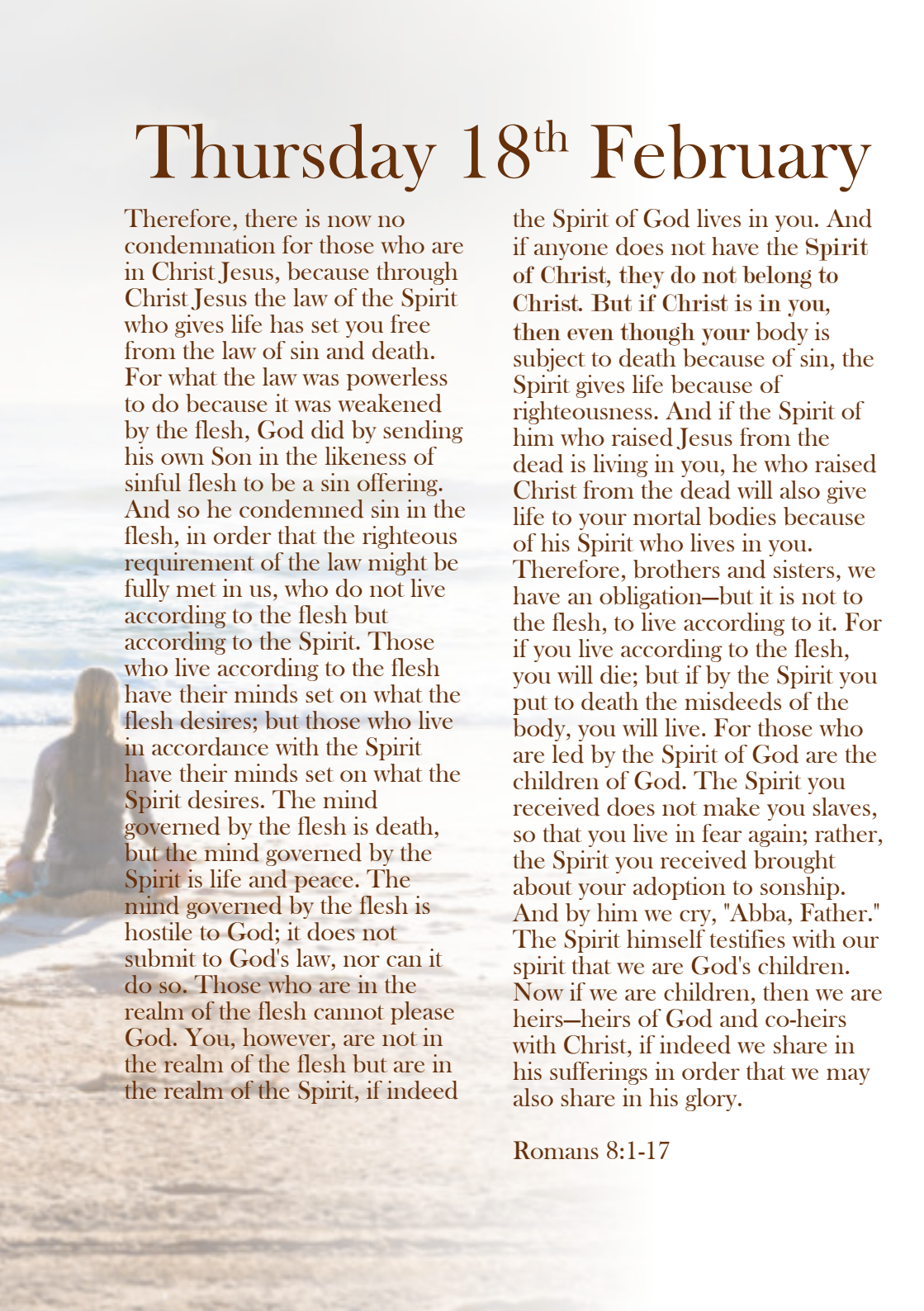


Video



Reflection

# Thursday 18<sup>th</sup> February

A person with long hair is sitting on a sandy beach, looking out at the ocean. The person is wearing a dark, long-sleeved top. The background shows the ocean waves and a clear sky. The overall scene is peaceful and serene.

Therefore, there is now no condemnation for those who are in Christ Jesus, because through Christ Jesus the law of the Spirit who gives life has set you free from the law of sin and death. For what the law was powerless to do because it was weakened by the flesh, God did by sending his own Son in the likeness of sinful flesh to be a sin offering. And so he condemned sin in the flesh, in order that the righteous requirement of the law might be fully met in us, who do not live according to the flesh but according to the Spirit. Those who live according to the flesh have their minds set on what the flesh desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires. The mind governed by the flesh is death, but the mind governed by the Spirit is life and peace. The mind governed by the flesh is hostile to God; it does not submit to God's law, nor can it do so. Those who are in the realm of the flesh cannot please God. You, however, are not in the realm of the flesh but are in the realm of the Spirit, if indeed

the Spirit of God lives in you. And if anyone does not have the Spirit of Christ, they do not belong to Christ. But if Christ is in you, then even though your body is subject to death because of sin, the Spirit gives life because of righteousness. And if the Spirit of him who raised Jesus from the dead is living in you, he who raised Christ from the dead will also give life to your mortal bodies because of his Spirit who lives in you. Therefore, brothers and sisters, we have an obligation—but it is not to the flesh, to live according to it. For if you live according to the flesh, you will die; but if by the Spirit you put to death the misdeeds of the body, you will live. For those who are led by the Spirit of God are the children of God. The Spirit you received does not make you slaves, so that you live in fear again; rather, the Spirit you received brought about your adoption to sonship. And by him we cry, "Abba, Father." The Spirit himself testifies with our spirit that we are God's children. Now if we are children, then we are heirs—heirs of God and co-heirs with Christ, if indeed we share in his sufferings in order that we may also share in his glory.

Romans 8:1-17

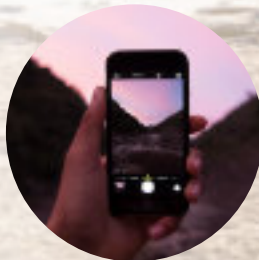
# Co-heirs with Christ

I am happy because you have accepted me, dear Lord.  
Sometimes I do not know what to do with all my happiness  
I swim in your grace like a whale in the ocean  
The saying goes: 'An ocean never dries up',  
but we know that your grace also never fails.  
Dear Lord, your grace is our happiness. Hallelujah!

Source unknown (West African)



Audio

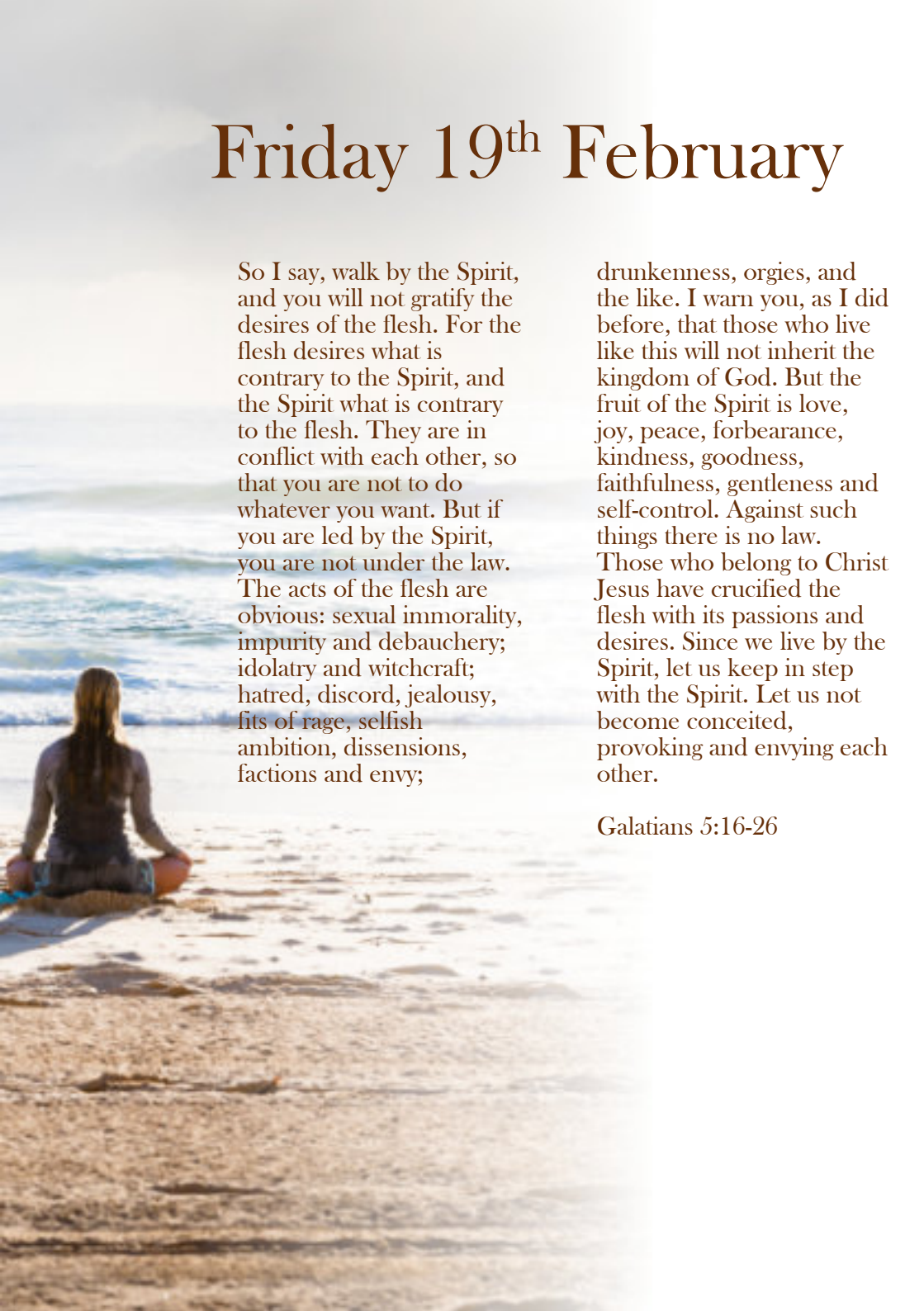


Video



Reflection

# Friday 19<sup>th</sup> February



So I say, walk by the Spirit, and you will not gratify the desires of the flesh. For the flesh desires what is contrary to the Spirit, and the Spirit what is contrary to the flesh. They are in conflict with each other, so that you are not to do whatever you want. But if you are led by the Spirit, you are not under the law. The acts of the flesh are obvious: sexual immorality, impurity and debauchery; idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions and envy;

drunkenness, orgies, and the like. I warn you, as I did before, that those who live like this will not inherit the kingdom of God. But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law. Those who belong to Christ Jesus have crucified the flesh with its passions and desires. Since we live by the Spirit, let us keep in step with the Spirit. Let us not become conceited, provoking and envying each other.

Galatians 5:16-26



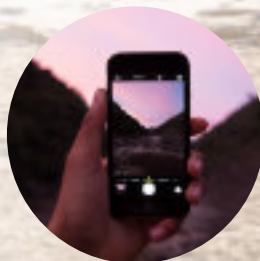
# Fruits of the spirit

“O merciful God, fill our hearts, we pray, with the graces of your Holy Spirit; with love, joy, peace, patience, gentleness, goodness, faithfulness, humility, and self-control. Teach us to love those who hate us; to pray for those who despitefully use us; that we may be the children of your love, our Father, who makes the sun to rise on the evil and the good, and sends rain on the just and on the unjust. In adversity grant us grace to be patient; in prosperity keep us humble; may we guard the door of our lips; may we lightly esteem the pleasures of this world, and thirst after heavenly things; through Jesus Christ our Lord.

Prayer of Anselm, 1033-1109



Audio



Video



Reflection

# Saturday 20<sup>th</sup> February

So I tell you this, and insist on it in the Lord, that you must no longer live as the Gentiles do, in the futility of their thinking. They are darkened in their understanding and separated from the life of God because of the ignorance that is in them due to the hardening of their hearts. Having lost all sensitivity, they have given themselves over to sensuality so as to indulge in every kind of impurity,

and they are full of greed. That, however, is not the way of life you learned when you heard about Christ and were taught in him in accordance with the truth that is in Jesus. You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; to be made new in the attitude of your minds; and to put on the new self, created to be like God in true righteousness and holiness.

Ephesians 4:17-24



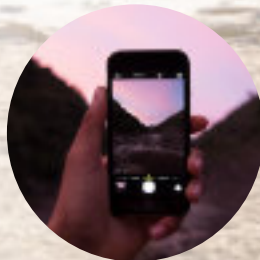
# Put on the new self

God, let me put right before interest:  
let me put others before self:  
let me put the things of the spirit  
before the things of the body  
let me put the attainment of noble ends  
above the enjoyment of present pleasures  
let me put principle above reputation  
let me put Thee before all else.

John Baillie, 1886-1960



Audio



Video



Reflection

# Lord by Your Word, fill me with your Life-Giving Spirit.

In the first reading, Jesus is facing big temptations in the desert, but full of the Holy Spirit he chooses to follow God's way, resulting in a life filled with love for all who encounter him. Though tempted, Jesus was not interested in personal gains. We also face temptations and have choices to make, maybe not on such a grand scale, but life-affecting in their own way.

The rest of the readings encourage us to choose to accept God's love into our lives. They show how a life guided by God's Spirit can be exciting and exuberant, allowing us to let go of the things that bring us down - things binding us to conventions which stifle our God-given talents. We are not promised an easy life by the world's standards. Rather, our life is one where (if love has its way) we can trust God to make us alive beyond all striving or personal effort. Then we are to share God's love with others.

## Questions to ponder:

- Have you already decided to say yes to God, but find life isn't always as fulfilling as described in the verses we have read? Maybe Lent is a time to reflect on these passages, letting God refresh you into new ways, while losing some of the old ways.
- If you have thought you might like to accept God into your life, but are not quite sure how, why not say yes? Remember it's not our effort which matters but an open heart. God does the rest!
- Has something jumped out at you from the readings? Take the verses and pray over them to see where God leads you.