

Read Mark 1.9-15

Where, after a description of the eccentricity of John the Baptist and a sense of the power of his preaching, Mark relates the story of Jesus coming to John to be baptized. God is seen in the form of a dove and a voice from heaven pronouncing love and approval of Jesus. Jesus then spends 40 days and nights in the wilderness, before returning to Galilee and starting his own campaign to declare the good news of the kingdom.



Set aside 10 minutes each day for this imagination prayer exercise using a mirror. Find a comfortable seated or lying position and close your eyes. Imagine being baptized by John in the river. Try to awaken all your senses as you imagine. What can you see, hear, smell, taste and feel? As you imagine coming up out of the water, open your eyes and look in the mirror, as you think about God's voice speaking words of love and approval over you. Take a moment to write down what you imagined God saying, and come back to it throughout the day.

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Roots material suggests a Lent Garden, but as we have received "Lent in Box" suggest we use the box rather than confuse ourselves.

Hope you agree.



Wesley Methodist Church

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Link for on line worship

<https://www.valeofstour.org.uk/virtual-church/live/vosworship>

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Weekly Hymn for the start of Lent

1 Forty days and forty nights
you were fasting in the wild;
forty days and forty nights
tempted and yet undefiled.

2 Burning heat throughout the day,
bitter cold when light had fled;
prowling beasts around your way,
stones your pillow, earth your bed.

3 Saviour, may we hear your voice
keep us constant at your side;
and with you we shall rejoice
at the eternal Eastertide.

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As always, Stay safe God Bless