

Lenten

MOMENTS

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**God of the Journey,
May this Lenten season challenge us
to a change of heart:
to live gently,
to love generously,
to count blessings and
to walk paths of peace
and inclusion.
Amen**



Fourth Sunday of Lent

Walking on Holy Ground: A Lenten Journey

For once you were darkness, but now in the Lord you are light.

*Live as children of light—for the fruit of the light is found
in all that is good and right and true.*

(Ephesians 5:8-9)

I've said many things, but at the heart of them all is this: There is a light within you, in your soul, uncreated and uncreatable; it simply is. If you wish to know yourself, look for this light in the dark; it is ever present, even when you've lost sight of it. Look away from what you think you are, and look deeper into the darkness that is within. There you'll find that light which is ever radiant, even if no one—not even you—notices (Sweeney and Burrows, Meister Eckhart's Book of Darkness & Light Meditations on the Path of the Wayless Way).

We come to the light in many ways. One is to seek it in the dark and wait for it to surprise us as it comes; another is more certain; when you act virtuously and offer yourself with generosity to others, the inner life of your actions is a radiance that shines out, day and night, and if you listen quietly, you'll hear how such generosity praises God and sings a new song within you (Finding your Treasure).

**How can you be a shining light of all
that is good and right and true
on your Lenten journey?**

COMPASSION JUSTICE RESPECT HOPE