

*Day 3*

*Resistance*



Day 3





Jim Let's begin our prayer together

Hung In the name of the Father, and of the Son and of the Holy Spirit.

Jim God, come to my assistance.

Hung Lord, make haste to help me.

Jim Glory to the Father, and to the Son, and to the Holy Spirit;

Hung As it was in the beginning, is now, and will be forever.  
Amen.



Jim

As the deer pants for streams of water,  
so my soul pants for you, my God.

Hung

My soul thirsts for God, for the living God.  
When can I go and meet with God?

Jim

My tears have been my food  
day and night,  
while people say to me all day long,  
“Where is your God?”

Hung

These things I remember  
as I pour out my soul:



Jim

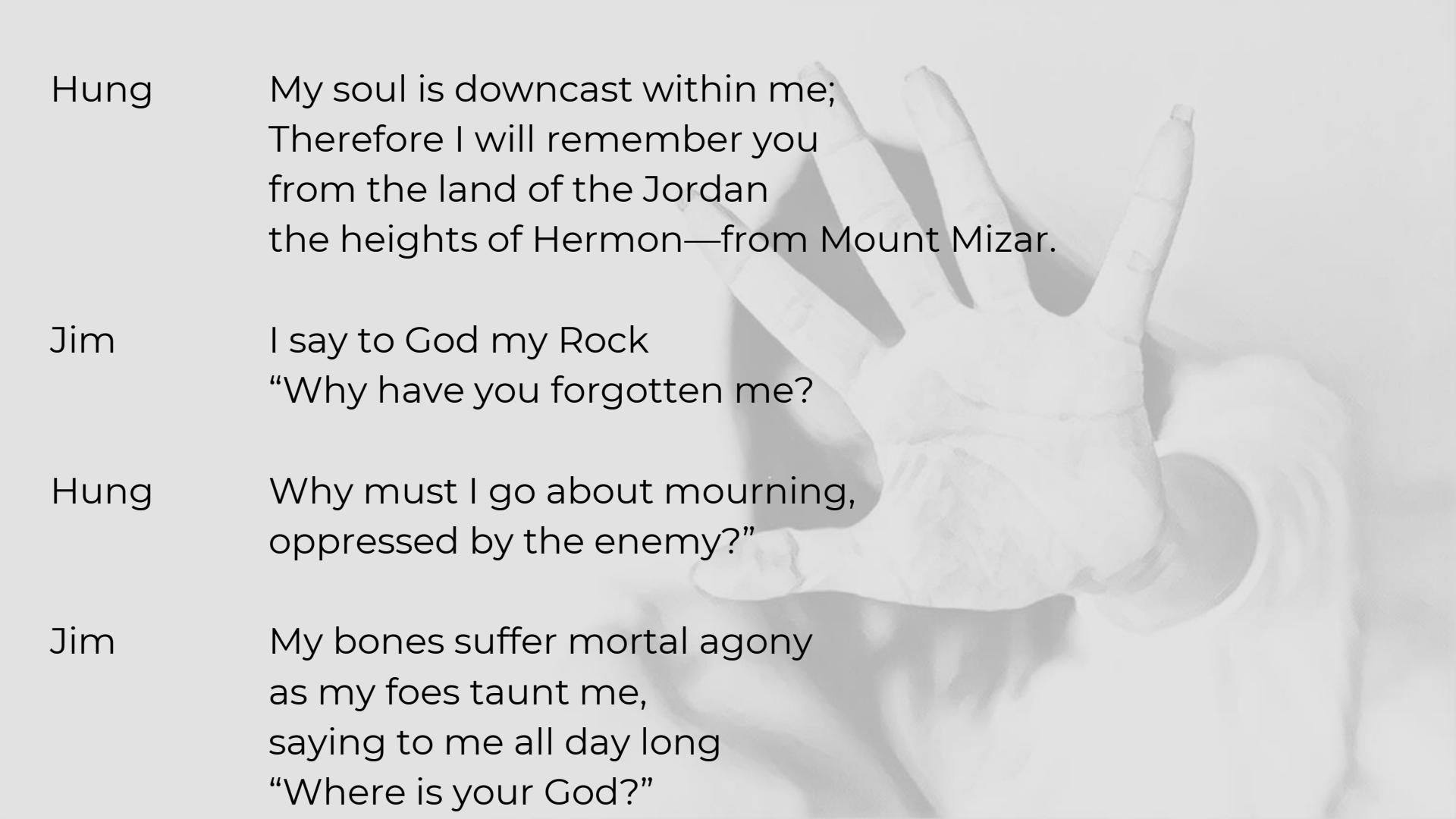
How I used to go to the house of God  
under the protection of the Mighty One  
with shouts of joy and praise  
among the festive throng.

Hung

Why, my soul, are you downcast?  
Why so disturbed within me?

Jim

Put your hope in God,  
for I will yet praise him,  
my Savior and my God.



Hung      My soul is downcast within me;  
Therefore I will remember you  
from the land of the Jordan  
the heights of Hermon—from Mount Mizar.

Jim      I say to God my Rock  
“Why have you forgotten me?”

Hung      Why must I go about mourning,  
oppressed by the enemy?”

Jim      My bones suffer mortal agony  
as my foes taunt me,  
saying to me all day long  
“Where is your God?”

Hung

Why, my soul, are you downcast?  
Why so disturbed within me?

Jim

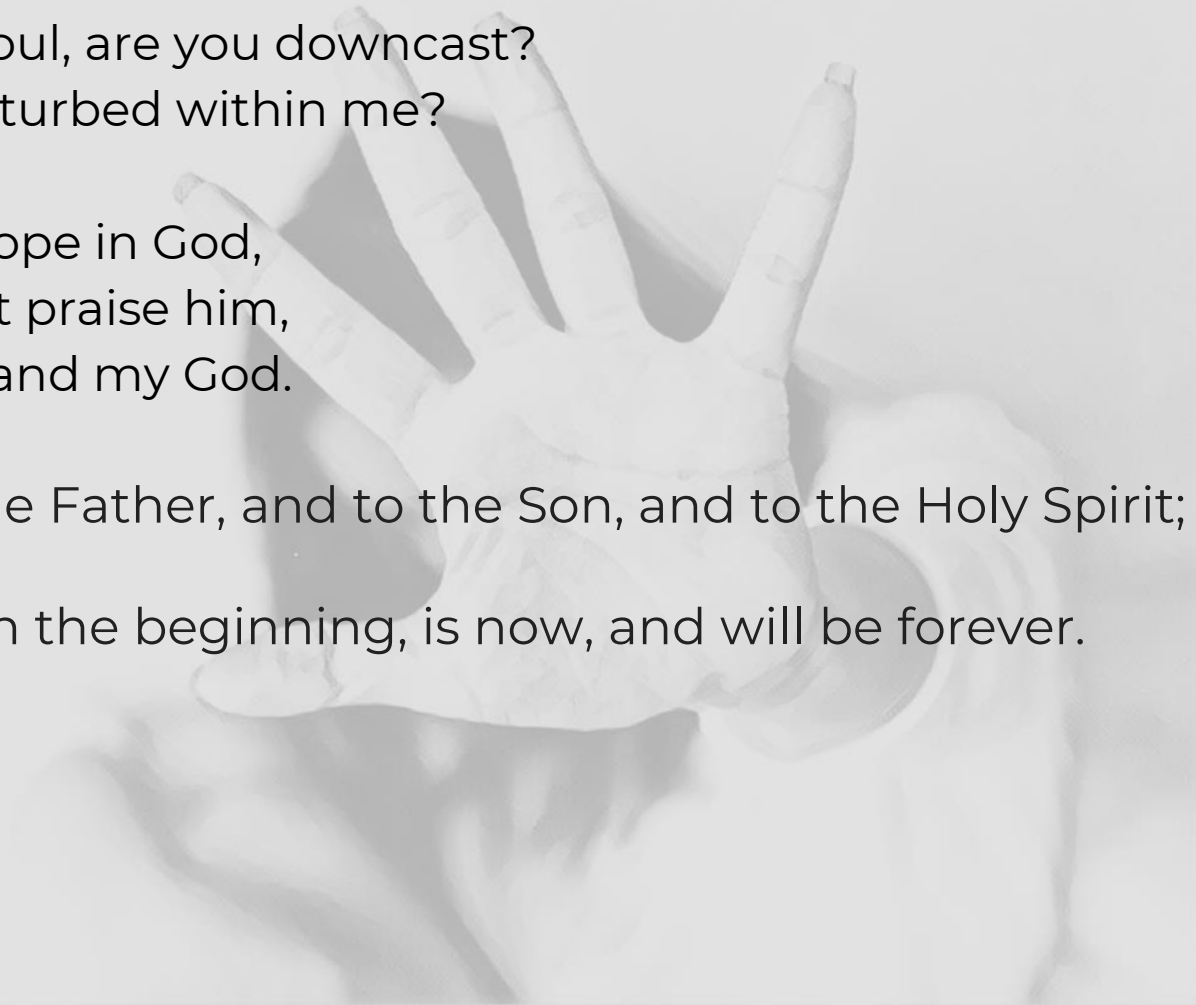
Put your hope in God,  
for I will yet praise him,  
my Savior and my God.

Jim

Glory to the Father, and to the Son, and to the Holy Spirit;

Hung

As it was in the beginning, is now, and will be forever.  
Amen.





Hung

Thus says the LORD:

Jim

Return, O Israel, to the LORD, your God;

Hung

I will heal their defection, says the LORD,  
I will love them freely;  
for my wrath is turned away from them.

Jim

I will be like the dew for Israel:  
who shall blossom like the lily;





Hung

Israel shall strike root like the Lebanon cedars,  
and put forth her shoots.

Jim

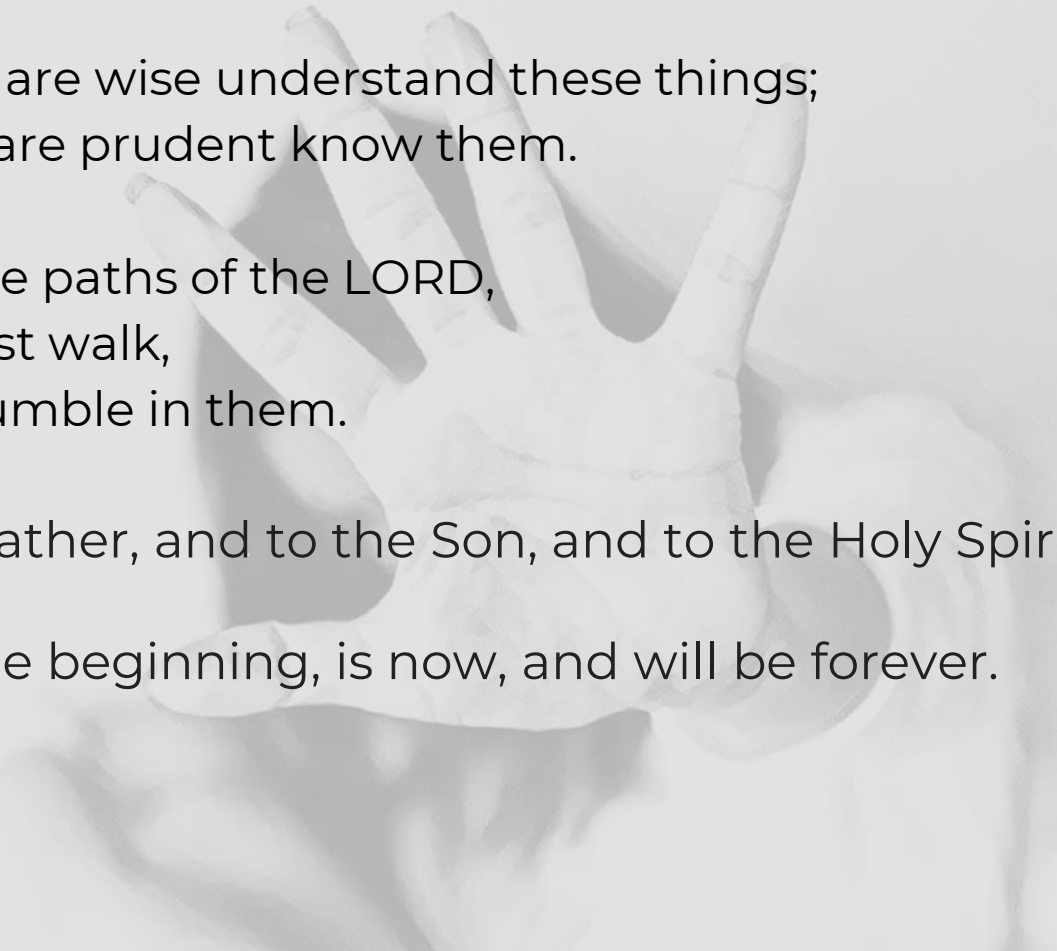
Israel's splendor shall be like the olive tree  
and her fragrance like the Lebanon cedar.

Hung

Again all shall dwell in her shade  
and raise grain;

Jim

All shall blossom like the vine,  
and her fame shall be like the wine of Lebanon.



Hung      Let those who are wise understand these things;  
let those who are prudent know them.

Jim      Straight are the paths of the LORD,  
in them the just walk,  
but sinners stumble in them.

Hung      Glory to the Father, and to the Son, and to the Holy Spirit;

Jim      As it was in the beginning, is now, and will be forever.  
Amen.

Hung

Let's listen to words from Saint Paul's Letter to the Romans

Jim

Hope does not disappoint,  
because the love of God has been poured out into our hearts  
through the Holy Spirit who has been given to us.

For Christ, while we were still helpless,  
died at the appointed time for the ungodly.  
Indeed, only with difficulty does one die for a just person,  
though perhaps for a good person one might even find courage  
to die.

But God proves his love for us  
in that while we were still sinners Christ died for us.

***Observe a moment of silence for individual reflection***

Hung

Let us pray

Jim

Lord, Teach me a new freedom.

Hung

Freedom to reject comparison  
And to embrace uniqueness.

Jim

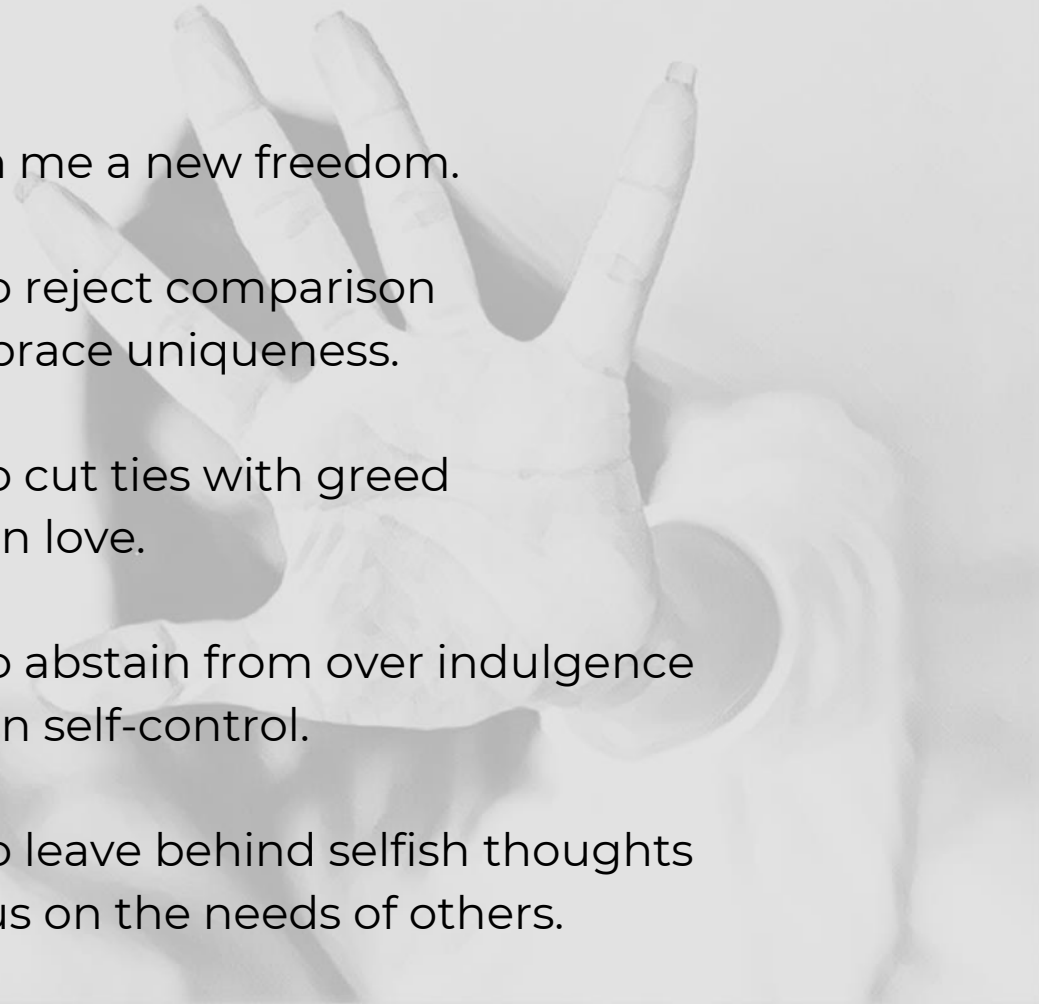
Freedom to cut ties with greed  
And feast on love.

Hung

Freedom to abstain from over indulgence  
And feast on self-control.

Jim

Freedom to leave behind selfish thoughts  
And to focus on the needs of others.



A grayscale image of a hand with fingers spread, appearing to emerge from a circular opening in a surface. The hand is positioned in the upper right quadrant of the frame, with its fingers pointing upwards and outwards. The background is a light, textured surface, possibly a wall or a piece of fabric, with soft shadows cast by the hand.

Hung

Freedom to fend off insecurity  
And to embrace grace.

Jim

Loving God, at this time of Lent,  
Thank you for the freedom you bring.

BENEDICTION

## Day 3: Resistance

### **GRACE TO ASK FOR**

Greater Awareness of my Resistance(s)

Perseverance to linger there

Honesty as a I “dip into” what is beneath them

Trust enough to loosen my grip, lay down my jar

### **SCRIPTURES**

John 4: 4-6 lingering with Jesus

John 4: 7- 14 resistances of the head

John 4: 15 - 29 getting to the heart

Choosing one of the journeys you have been called by God to travel...

### **QUESTIONS FOR INDIVIDUAL EXERCISES**

~ What / Where are my ‘Samaritans’ or ‘Divided Kingdoms’ ?

~ What “resistances” do I experience as I turn my attention there?

~ Where is Jesus situated as my resistance surfaces?

~ What do I long for with Jesus as I linger here?