

The 3<sup>rd</sup> Week in Lent

***I have said these things to you, that in me you may have peace. In the world you will have tribulation. But take heart; I have overcome the world. (John 16:33)***

***Peace I leave with you; my peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid. (John 14:27)***

Lent is a unique time in the liturgical year when we, like Jesus, take a sacred time-out from the noise and distractions of everyday life to turn inward, to enter into our own inner wilderness or desert to know ourselves better through our evolving relationship to God and His Son Jesus. Prayer, fasting, devotional reading or mindfully sitting in silence are all methods of seeking the clarity of God's wisdom and His plan for us. Yet like Jesus and his testing by Satan, the distractions of the world break through, tempting us to stray from our spiritual foundations and focus instead on the ego-based desires for possessions, power and public recognition.

As we prepare to walk with Jesus through his crucifixion and celebrate his resurrection, let us follow his example during the 40 days and nights and "overcome the world" and its inherent trials and tribulations by remembering Jesus' words in the passages above...that the greatest power and peace in our earthly lives comes only through our trust in God and our faithfulness to the teachings of His Son Jesus.

**Lord, thank you for the gift of your Son Jesus who shows us the way through life's challenges, no matter how great or small, through His own words and actions. Help us to return to His wisdom when we feel lost, angry and overwhelmed; weary from too much for too long. Lead us to the Peace of God that passeth all understanding. Amen**

Practice\*: During your personal spiritual practices, be mindful of break-through thoughts and/or emotions that disturb your inner peace. Consider each of them and acknowledge their impact on your state of mind. Bless them for the information they have provided about what still needs healing and release them into the Love of God. Return again to inner peace...

\*Practice accompanied by Denise Hagan's *Numinous 7* from Soundscape for the Soul