

~ Sieger Köder

Practice Resurrection

Lenten Reflections on the Seven Last Words of Jesus

Here

"Here is your son. Here is your mother."

~ John 19:26-27



*You are invited to light a candle as a sign that Jesus is present with you in Spirit.
You can print off the image on the last page for you or your children to colour.*

*Feel free to sing along with the songs.
Please read the **bold print**.*

WELCOME

The grace of the Lord Jesus Christ,
the love of God,
the communion of the Holy Spirit,
and the fellowship of the saints be with you all.
be with you all.

SINGING ~ *We Long to See You (Psalm 24)*

Almighty God, we long to see you;
Open our hearts and make them pure.
Spirit, we wash our hands in mercy;
Come teach our souls to love your Truth.

—Wendell Kimbrough

SETTING THE TABLE

Take a look at your hands...

- Notice the creases in the skin of your skin.
- Feel the callouses on your fingers.
- Rub the nicks and scars on your knuckles.
- Note the dirt under your nails.
- Trace the veins on the back of your hand.
- Are there birthmarks? Rings? Tattoos?

Now make the shape of a fist. Hold it tight. Then release your clenched muscles and hold your hands flat, palms upward. What have your hands received today? Who have your hands touched today?

Today's Bible reading prods us to pay attention to what—or better yet, *who*—is in front of us right here, right now. As you watch and listen to what Jesus does and says, imagine what people do (or don't do) with their hands...

WORD OF GOD, WORD OF LIFE ~ JOHN 19:25-27

Near the cross of Jesus stood his mother, his mother's sister, Mary the wife of Clopas, and Mary Magdalene. When Jesus saw his mother there, and the disciple whom he loved standing nearby, he said to her, "Woman, here is your son," and to the disciple, "Here is your mother." From that time on, this disciple took her into his home.

Pause your playback device and take a few quiet moments to let the Word of God sink in. Let the Spirit draw your attention to certain words, images, thoughts, and feelings.

RESPONDING TO THE WORD

~ HERE ~

"Jesus said to her, 'Here is your son,' and to the disciple, 'Here is your mother.'"

(John 19:26-27)

Pause your playback device and try one of the following exercises today.

(You can give some or all of the others a try in the days to come if you have time and interest.)

1. Take a few moments with your family or a friend to discuss these questions:
 - The disciple took Mary into his home. What do you think that actually looked like?
 - What sorts of emotions and feelings do you think Mary and the disciple experienced together?
2. Jesus gave his mother to the disciple and vice versa. Who has been a gift to you? What did that person do that proved to be good for you? Take some time to write those stories of down, or tell them to a friend or family member.
3. When Jesus directed his mother and his friend to look toward each other, he was instructing them, "this is where your attention should go." Take a few quiet moments to listen to Jesus: where is he turning your attention? To whom does he want you to look? Act on what emerges.
4. Use the "5 Finger Prayer"(below) to pray for others.

5 Finger Prayer

Thumb

Pray for those closest to you—your friends and family.

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Pray for those who point you in the right direction: teachers, doctors, coaches, people in your church, and so on.

Tallest (middle)

Pray for people who are in charge of things that are bigger and often beyond our control, such as politicians.

Ring (the weakest)

Pray for those who are in trouble, or in pain.

Pinkie

Pray for yourself and your own needs.

Begin by giving thanks.

For each finger and thumb, name someone who has been good to you.

Then pray for the following: How do you need help from others?

What might you need from God to equip you in loving someone well?



SONG FOR THE DAY ~ *Kindness*

Christ has no body here but ours,
No hands, no feet, here on earth but ours.
Ours are the eyes through which He looks
On this world with kindness.

Ours are the hands through which he works.
Ours are the feet on which he moves
Ours are the voices through which he speaks
To this world with kindness.

Through our touch, our smile, our listening ear,
Embodied in us, Jesus is living here.
Let us go now, inspirited
Into this world with kindness.

—*Steve Bell*

CLOSING PRAYER

**O Christ, by praying for those who crucified you,
you lead us to forgive without counting the cost.**
O Christ, by opening paradise to the repentant thief, you awaken hope in us.
O Christ, by remaining faithful until death, you show us the road to greater love.
**O Christ, by taking the burden of sin upon yourself,
you reveal to us the way of generosity.**
O Christ, come and help our weak faith.
O Christ, create a pure heart in us; renew and strengthen our spirit.
O Christ, your Word is near; may it live within us that we might live in you.
Amen.

BLESSING ~ *To Him Who is Able (Jude 24-25)*

To him who is able to keep you from falling
and to present you before his glorious presence
without fault, and with great joy,

To the only God, our Saviour
be glory, majesty, power and authority
through Jesus Christ, our Lord
before all ages, now and forevermore

Amen, Amen.

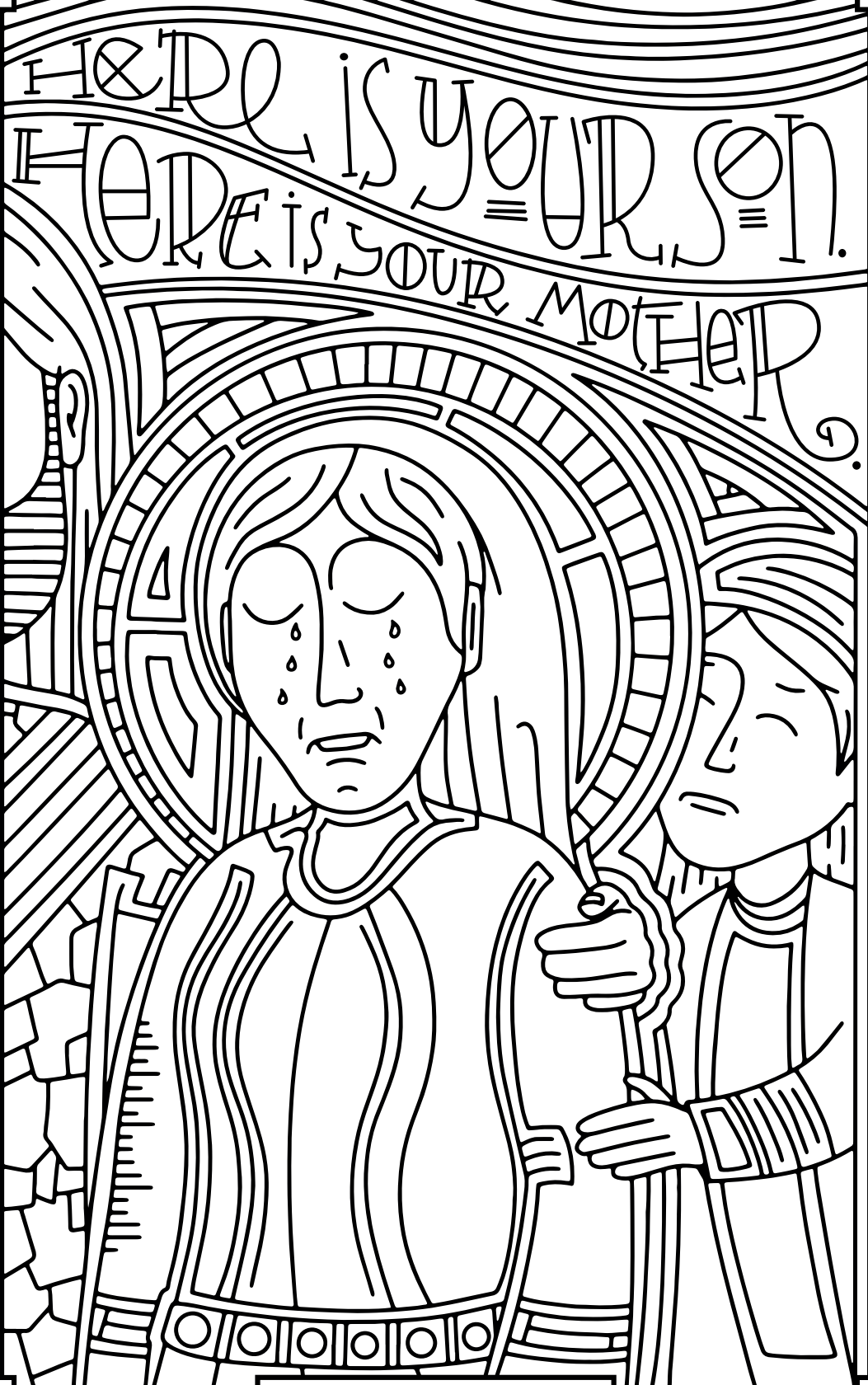
—*Brian Moss*



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GOD, FORGIVE THEM, FOR THEY DO NOT KNOW WHAT THEY

WHY HAVE YOU FORSAKEN ME? I AM THIRSTY. IT IS FINISHED. GO, INTO YOUR HANDS I COMMIT MY SPIRIT.



ARE DOING. TELL YOU, TODAY YOU WILL BE WITH ME IN PARADISE. HERE IS YOUR SON. HERE

MY GOD, MY GOD, WHY HAVE YOU FORSAKEN ME? I AM THIRSTY. IT IS FINISHED. GO, INTO YOUR HANDS I COMMIT MY SPIRIT. HERE IS YOUR MOTHER.