



LIGHT

Practice Sheet

This week we invite you to reflect on the sign of Light

Question:

Where is the light in your life?

Scripture:

In the beginning was the Word, and the Word was with God, and the Word was God. He was in the beginning with God. All things came into being through him, and without him not one thing came into being. What has come into being in him was life, and the life was the light of all people. The light shines in the darkness, and the darkness did not overcome it.

John 1:1-5

Collect:

Christ our True Light: when the lights of this world blind and bewilder and its darkness brings us no peace, train our eyes to behold your brightness and enfold us in the healing shadow of your wings, that we may love you by night as by day; who with the Father of lights and the Spirit of truth shine upon us, one God, through endless ages. Amen.

Practice:

Pay attention to light as you move through your day.



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Practice:

Pay attention to light as you move through your day.



This week we invite you to reflect on the sign of Water

Question:

What keeps you afloat?

Scripture:

Happy are those
who do not follow the advice of the wicked,
or take the path that sinners tread,
or sit in the seat of scoffers;
but their delight is in the law of the Lord,
and on his law they meditate day and night.
They are like trees
planted by streams of water,
which yield their fruit in its season,
and their leaves do not wither.
In all that they do, they prosper.

Psalm 1:1-3

Collect:

Ever-creating Spirit, who brooded over the waters of chaos and brought forth all life from them: We thank you for the wondrous gift of water through which we die with Christ and are raised by you to the new life of grace; and we pray that we may ever be faithful stewards of this gift and make it available, clean and pure, to all living beings, that in so doing the springs of living water promised by Christ Jesus may well up in every human heart; through Jesus our Savior, who lives and reigns with you and the Father, one God, now and for ever. Amen.

Practice:

As you wash your hands, take time to feel the water and to remember your baptism.



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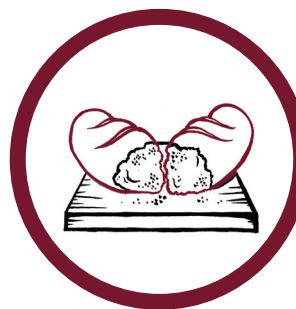
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FOOD

Practice Sheet

This week we invite you to reflect on the sign of Food

Question:

For what do you hunger?

Scripture:

While they were eating, Jesus took a loaf of bread, and after blessing it he broke it, gave it to the disciples, and said, 'Take, eat; this is my body.' Then he took a cup, and after giving thanks he gave it to them, saying, 'Drink from it, all of you; for this is my blood of the covenant, which is poured out for many for the forgiveness of sins. I tell you, I will never again drink of this fruit of the vine until that day when I drink it new with you in my Father's kingdom.'

Luke 26:26-29

Collect:

O God, who by the abundance of your Son all Creation is nourished and satisfied: Grant us, we pray, a holy hunger to be filled with your good things, and food for the leanness of our souls; through the bread of eternal life, Jesus Christ our Lord. Amen.

Practice:

Give thanks to God for your food and also your feelings, whether hungry or full. Remember that Jesus is the Bread of Life; Jesus is food that nourishes us, body or soul.



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SHELTER

Practice Sheet

This week we invite you to reflect on the sign of Shelter

Question:

Where do you feel most at home?

Scripture:

One thing I asked of the Lord,
that will I seek after:
to live in the house of the Lord
all the days of my life,
to behold the beauty of the Lord,
and to inquire in his temple.
For he will hide me in his shelter
in the day of trouble;
he will conceal me under the cover of his tent;
he will set me high on a rock.

Psalm 27:4-5

Collect:

Beloved God, who, in your mercy, shelters us with your tender embrace; grant that we may know you as our one true refuge from the world of suffering, and help us to offer compassionate sanctuary to our neighbors in need; even as you dwell within and among us, one holy and undivided Trinity, forever and ever. Amen.

Practice:

When you return to the place you feel most at home, pay attention to how you settle in. Remember that God hides us under the shadow of God's wings; in God we always find shelter.



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COMMUNITY

Practice Sheet

This week we invite you to reflect on the sign of Community

Question:

Who is your community?

Scripture:

This is my commandment, that you love one another as I have loved you. No one has greater love than this, to lay down one's life for one's friends. You are my friends if you do what I command you. I do not call you servants any longer, because the servant does not know what the master is doing; but I have called you friends, because I have made known to you everything that I have heard from my Father. You did not choose me but I chose you. And I appointed you to go and bear fruit, fruit that will last, so that the Father will give you whatever you ask him in my name. I am giving you these commands so that you may love one another.

John 15:12-17

Collect:

Almighty Triune God, we thank you for the gift of community, by which we share life's journey and grow together. May we follow your example of mutual self-giving and love to bless each other with an ever-widening embrace, through Jesus Christ our Lord, who dances with you and the Holy Spirit, one God in Trinity of persons now and forever. Amen.

Practice:

When you spend time with others this week, be fully present with them. Put away distractions, and ask them to do the same. Remember that Jesus dwells in each of us and is manifest among community.



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