

OPENING PRAYER*A responsive reading from Psalm 42*

LEADER: As the deer pants for streams of water, so I long for you, O God.

PEOPLE: I thirst for God, the living God. When can I come and stand before him?

Day and night, I have only tears for food, while my enemies continually taunt me, saying, “Where is this God of yours?” My heart is breaking as I remember how it used to be: I walked amongst the crowds of worshipers, leading a great procession to the house of God, singing for joy and giving thanks—it was the sound of a great celebration!

Why am I so discouraged? Why so sad? I will put my hope in God! I will praise him again—my Savior and my God!

Now I am deeply discouraged, but I will remember your kindness—from Mount Hermon, the source of the Jordan, from the land of Mount Mizar. I hear the tumult of the raging seas as your waves and surging tides sweep over me.

Through each day the Lord pours his unfailing love upon me, and through each night I sing his songs, praying to God who gives me life.

“O God my rock,” I cry, “Why have you forsaken me? Why must I wander in darkness, oppressed by my enemies?”

Their taunts pierce me like a fatal wound. They scoff, “Where is this God of yours?”

Why am I discouraged? Why so sad? I will put my hope in God! I will praise him again—my Savior and my God!

Stacio

We come to you hungry, O God.
 We come to you broken, O God.
 We come to you in need, O God.
 We come to you with longing, O God.
 Nourish us. Heal us. Meet us. Be with us.
 We come to you ready to receive, O God.

Amen.**SPIRITUAL FORMATION****SPIRITUAL PRACTICE**

Lectio Divina

John 20:24-29

One of the disciples, Thomas (nicknamed the Twin), was not with the others when Jesus came. They told him, “We have seen the Lord!” But he replied, “I won’t believe it unless I see the nail wounds in his hands, put my fingers into them, and place my hand into the wound in his side.”

Eight days later the disciples were together, again and this time Thomas was with them. The doors were locked; but suddenly, as before, Jesus was standing among them. He said, “Peace be with you.” Then he said to Thomas, “Put your finger here and see my hands. Put your hand into the wound in my side. Don’t be faithless any longer. Believe!”

“My Lord and my God!” Thomas exclaimed.

Then Jesus told him, “You believe because you have seen me. Blessed are those who haven’t seen me and believe anyway.”

Lectio (Reading): What does the text say?

Meditatio (Reflecting): What does this text say to me? What one phrase or word is God highlighting?

Oratio (Responding): How do I respond to God in light of the phrase or word that stuck out to me? How does this evoke emotion?

Contemplatio (Remaining): How will I carry this with me? What is God inviting me to through this passage?

CLOSING PRAYER

The Lord's Prayer

Our Father who art in heaven,
Hallowed be thy Name.
Thy kingdom come.
Thy will be done,
On earth as it is in heaven.
Give us this day our daily bread.
And forgive us our trespasses,
As we forgive those who trespass against us.
And lead us not into temptation,
But deliver us from evil.
For thine is the kingdom,
and the power,
and the glory,
for ever and ever.
Amen.

FURTHER FORMATION

Reach out to a friend—a spiritual companion—this week and invite them into an honest conversation with you about your life. If you don't have a friend like this, ask God to give you one or pursue a spiritual director.

READING AND RESOURCES

The Book of Common Prayer

Meeting God in Scripture: Forty Guided Meditations` by Jan Johnson

Emotionally Healthy Spirituality by Pete Scazzarro

Reason for God: Belief in the Age of Skepticism
by Tim Keller

Sacred Companions: The Gift of Spiritual Friendship and Direction by David G Benner
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