



Spiritual Food for the Journey

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*Produced by Members and Friends of Evergreen Christian Church
Evergreen, Colorado Rev. G. Duncan Miller, Pastor*

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**Heal me,
Lord, and
help me to
find you in
the dark-
ness of my
life.**

Dear Lord, as I begin
my journey toward
spiritual growth,
help me to look
deep within myself
and let go of the old
and embrace the new
life that comes from you.

ReligionQuotes.info

A Lenten Prayer

(This prayer was taken from the Creighton University Spirituality Web Site)

Lord, Let everything I do this day and in this season of Lent come from you, be inspired by you. I long to be closer to you. Help me to remember that nothing is important in my life unless it glorifies you in some way. It's so easy to get caught up in the day-to-day of my life and keep saying, "Tomorrow, I will spend more time in prayer," but now my longing meets your love and I want to do it now. Help me to rely on you for help.



The prayer asks you that I reach perfection. Please, Lord, remind me that "perfection" isn't the crazy, "successful" way I try to live my life, but a perfection of my most authentic, real self. My "perfection" might be holding my many flaws in my open hands, asking you to help me accept them.

Heal me, Lord, and help me to find you in the darkness of my life. Let me reach out in this darkness and feel your hand and love there to guide me.
AMEN

Centering Prayer

Recently, more and more people are becoming interested in learning how to do centering prayer. This is a prayer method that is based on the traditions and teachings of the Christian church. In this method of prayer, participants attempt to let go of all thoughts, emotions, memories, and sensations. The goal is to quiet the mind in order to better experience God's presence within. When this state is achieved, one is said to be "resting in God". Here are the basic steps of centering prayer.



1. Decide how long you want to pray. You might start with 10 to 20 minutes.
2. Choose a sacred word or phrase, which symbolizes your intention to be open to God's presence within. You might, for instance, pick "love", "God", or "peace". A sacred phrase might be "God is Love", or "Lord have mercy." The word or phrase itself is not as important as the intention behind it. One way of choosing a sacred word or phrase is through reading a passage of scripture and asking God to give you the word or phrase out of the passage.
3. Sit down in a quiet, comfortable place with your eyes closed and silently invoke the chosen word or phrase to indicate your desire to awaken yourself to God's presence within you.

*Be still
and know
that I am
God*
-PSALM 46:10

4. Return to the chosen word or phrase to dispel thoughts when they arise and bring your focus back to God. Do not become overly concerned if your mind begins to wander. This is perfectly normal. When you realize that you are thinking about something else, simply return your thoughts to the sacred word or phrase.

5. End your prayer session by sitting quietly for a few moments before opening your eyes again.

Isaiah 53: 1-8

Isaiah 53 is the traditional text read in an Ash Wednesday service as the Season of Lent Begins.

Who has believed what we have heard?

And to whom has the arm of the Lord been revealed?

2 For he grew up before him like a young plant, and like a root out of dry ground; he had no form or majesty that we should look at him, nothing in his appearance that we should desire him.

3 He was despised and rejected by others; a man of suffering and acquainted with infirmity; and as one from whom others hide their faces he was despised, and we held him of no account.

4 Surely he has borne our infirmities and carried our diseases; yet we accounted him stricken, struck down by God, and afflicted.

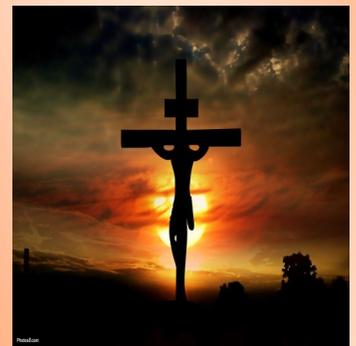
5 But he was wounded for our transgressions, crushed for our iniquities; upon him was the punishment that made us whole, and by his bruises we are healed.

6 All we like sheep have gone astray; we have all turned to our own way, and the Lord has laid on him the iniquity of us all.

7 He was oppressed, and he was afflicted, yet he did not open his mouth; like a lamb that is led to the slaughter, and like a sheep that before its shearers is silent, so he did not open his mouth.

8 By a perversion of justice he was taken away. Who could have imagined his future? For he was cut off from the land of the living, stricken for the transgression of my people.

*“he was
wounded for
our
transgres-
sions,*



*crushed
for our
iniquities; “*

O Lord, who hast mercy upon all,
take away from me my sins,
and mercifully kindle in me
the fire of thy Holy Spirit.
Take away from me the heart of stone,
and give me a heart of flesh,
a heart to love and adore Thee,
a heart to delight in Thee,
to follow and enjoy Thee,
for Christ's sake, Amen

– ST. AMBROSE OF MILAN (AD 339-397)



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**A Loving,
Witnessing,
& Serving**

Community of Faith

Lectio Divina (Sacred Reading) for Spiritual Growth

“*Lectio Divina*”, sometimes called “*Sacred Reading*” is a special type of reading. The aim of *Sacred Reading* is to allow the printed word to open your heart to the heart of God. When practicing the spiritual discipline of *Sacred Reading* you might want to find a quiet place, become attentive to the presence of God within that place, and ask God to open your heart to God’s life-giving word.



You are invited to use this *Food for the Evergreen Journey* for such reading. Leave the publication somewhere with easy access. God might move you to receive its blessings at different times during the day, week, or month. Perhaps you will want to go back and read its offerings several times. Each time, God may reveal something new to you. Perhaps there will be a word or a phrase within this publication which moves you deeply and opens you to the fruit of the Spirit: ***love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, and self-control.***

Pay attention to those words and phrases. They are God’s word for *your life* today.

If you would like to contribute to this publication, please write or call Rev. Miller. The only requirement is that all submitted items be uplifting and convey some quality of the fruit of the Spirit as found in Galatians 5: 22-23.

The Gifts of Solitude

In solitude we can come to the realization that we are not driven together but brought together. In solitude we come to know our fellow human beings not as partners who can satisfy our deepest needs, but as brothers and sisters to whom we are called to give visibility to God’s all embracing love. In solitude we discover that community is not a common ideology, but a response to a common call. In solitude we indeed realize that community is not made, but given.



Henri J.M. Nouwen, *Clowning in Rome*