

March 2nd – Tuesday

Centering Breath Prayer: Your love, O Lord...is better than life.

Living water, I come to you today to drink from your spring and satisfy my thirst. For my soul longs for you and your love which is all that can satisfy my soul. I open myself to your Spirit so that you may pour yourself into me and that I, in turn, may pour myself out for someone else. Fill me and use, O Lord as in your name, I pray. Amen.

Scriptures: Psalm 63:1-5

Key Verses: Psalm 63:1, 5:

(1) “O God, you are my God, earnestly I seek you; my soul thirsts for you, my body longs for you, in a dry and weary land where there is no water. (5) My soul will be satisfied as with the richest of foods; with singing lips my mouth will praise you” (NIV).

As we continue love’s triumphant journey today, we find ourselves continuing to hunger and thirst after God’s love. The burning question is: Where does this food and drink for our soul come from? The Psalmist attributes it to the steadfast love of God. I can live with that definition, because we know the ultimate expression of the love of God: Jesus.

So, what are some of the ways in which we feast and drink our fill? One way is to spend time with the Lord in worship, just as we do most Sundays. In this time of worship we express our love in return for the love which God has showered upon us through Jesus and in our everyday lives. Another way in which we feast and drink our fill is through reading and studying the word of God both on our own and in community with one another. Another way in which we receive God’s food and drink is through serving one another, be it within the congregation, the community or the world. Perhaps the most telling way to receive Jesus’ precious gifts of living bread and water is through our reliance upon him in faith within our daily living, allowing God to be in control and being God’s witnesses to those around us. Prayer becomes a conduit for us to receive the living bread and water filling us with God’s presence to draw from at need. If we are participating in these activities, we should be able to leave our hunger and thirst behind us because we are constantly drawing the nourishment which we need. If we are hungry and thirsty, we are showing that we need the Lord and that is a good thing. But, if we are constantly being filled and sustained by the living bread and the living water of the Lord, we can leave hunger and thirst behind us and be strong in faith to face whatever the world may throw at us.

Often, we are called to bring the bread and the drink to those who are hungry and thirsty, both physically and spiritually. When that happens, we must be ready to fulfill the call. We must also issue the invitation, like Isaiah, to anyone who is hungry or thirsty, no matter what they look like or act like; no matter if we like them or not; no matter where they came from or are going; no matter where we are. How they receive the invitation is not ours to predict, but issuing it is imperative.

Every Sunday, we bring our hopes and our lives together to worship and partake of the living bread and the living water that only Jesus can bring us. One of the most vivid examples of this is in the celebration of the Lord’s Supper. In my tradition, this is

celebrated weekly. In other traditions, it is celebrated less often. During this celebration we remember the acts of Jesus on our behalf. We eat together from the same loaf and drink from the cup in memory of a similar act 2000 years ago, when Jesus offered these symbols of himself so that we might not forget. We will gather soon around this table, remembering Jesus in the sharing of the bread and the cup. As we do so, let us leave our hunger and thirst behind us because we have been filled to overflowing with Christ's love in this feast. Let us open our hearts to those with whom we share this feast. And, let us remember more than just the final act of love, as important as that act was. As we continue to travel love's triumphant journey, let us be satisfied by the living bread and water of Jesus' love which is the whole point of the journey in the first place.

Additional Scriptures: Isaiah 55:1-9

Questions for reflection and/or journaling:

1. How does my list of ways my spiritual hunger and thirst is satisfied compare with the thoughts presented today?
2. How have my hunger and thirst been satisfied today?
3. How can I help to satisfy the spiritual hunger and thirst of those around me today?

Suggestions for action:

1. Place some bread and a glass of water in your sacred space for the remainder of this week to remind you of your need for spiritual food and drink.
2. If you have a concordance, research references to bread, living water and spiritual food and drink.

Satisfying Lord, I need your spiritual food and drink today. Fill me with your Spirit and satisfy my soul. May I experience your loving sustenance so that I may walk with you along the demanding journey to the cross. Prepare me for my own journey and the cross I bear. In your sustaining name, I pray. Amen.