



Theme artwork by
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Lent at Lakeside:
My Heart as Sanctuary
My Life as Prayer
Devotion for Sunday,
February 18, 2018

Ev'ry Time I Feel the Spirit*
African American Spiritual

Refrain:

Every time I feel the Spirit
moving in my heart I will pray.
Yes, every time I feel the Spirit
moving in my heart I will pray.

Upon the mountain, when my Lord spoke,
out of God's mouth came fire and smoke.
Looked all around me, it looked so fine,
till I asked my Lord if all was mine.

Jordan River, chilly and cold,
it chills the body but not the soul.
There is but one train upon this track;
it runs to heaven and then right back. [Refrain]

*On the Sundays of this Lenten season, we will highlight one of the spirituals that will be a part of the worship service for that day. You are encouraged to reflect on the text and to make it your prayer as you prepare for worship.

A video of the spiritual can be seen at <https://www.youtube.com/watch?v=RMVppgoMZv0>
You may need to cut and paste the link into your web browser in order to view the video.

Mark 1:9-15

In those days Jesus came from Nazareth of Galilee and was baptized by John in the Jordan. And just as he was coming up out of the water, he saw the heavens torn apart and the Spirit descending like a dove on him. And a voice came from heaven, "You are my Son, the Beloved; with you I am well pleased."

And the Spirit immediately drove him out into the wilderness. He was in the wilderness for forty days, tempted by Satan; and he was with the wild beasts; and the angels waited on him.

Now after John was arrested, Jesus came to Galilee, proclaiming the good news of God, and saying, "The time is fulfilled, and the kingdom of God has come near; repent, and believe in the good news."

Prayer:

By Sharlande Sledge

Quietly, we come to you in prayer.

During this hour we want to be still and know that you are God.

So much of our existence is spent in scrambling and searching that we forget what quietness and contemplation are.

Today we ask for a steadying,
a refocusing, a reshaping, of our lives.
Let us meet you at the deepest places
of our hearts.

We know we cannot stay still.
We must move again.
But out of this time of stillness,
may we go steadier and surer
of who you are and who we are.

May our breath move in and out
as one with yours.

In the silence,
we rest,
we worship,
we open ourselves to you.
Amen.