

## LENT FAITH SHARING

### Week Two

#### Week 2 – Reading: 1Kings 19: 4-8

"Get up and eat, otherwise the journey will be too much for you." He got up and ate and drank; then he went in the strength of the food for forty days and forty nights to Horeb the mount of God. "

The Leader leads the participants through the Centering Prayer Process and Lectio Divina

Begin with **Centering Prayer.**

Sit comfortably with eyes closed.

Begin to slowly breathe in through your nose and out through your mouth.

As you slowly breathe in, image God breathing breath into your center.

As you breathe out through your mouth, let it be a moment of letting go of your anxieties, worries, anger, hatred, frustrations.

Repeat this practice several times.

1. Choose a Sacred Word or Mantra as a symbol of your intention to consent to God's presence and action within.

Whenever you become aware of distractions, sounds, thoughts of other things, simply return to the Lord with Centering or your prayer word/s.

(Repeat this exercise three to four times. Trusting that you are sitting in God's Holy presence by yourself and with other.

While sitting in silence, open your life to become aware of the presence of God with you personally and with the Share Group.

2. **Lectio Divina** – Choose a Reader. The Leader leads the Lectio Divina

Read **1 Kings 19: 4-8** slowly, while pausing between paragraphs for silence.

Invite participants to rest in silence for a few moments.

Invite them to savor a word, a phrase or a feeling that rises in you. Reflect on this quietly.

The Leader, after some time of silence can invite participants to share this **word** or phrase aloud.

The Reading is slowly read a second time by the Reader.

Pause for silent reflection.

The leader invites participants to share their experience using the Reflection responses below.

## Reflection

Elijah's journey in the wilderness resonates with that of Moses with the Israelite people through the desert. Elijah traveled for 40 days and nights, just as Moses had journeyed for 40 years and came to the same mountain where God had revealed himself to his chosen people centuries before Elijah. The story of Elijah's journey to Mount Horeb begins as a flight from danger but takes a surprising turn. God offers a new future and a new hope in the desert of fear. God provides Elijah with food and drink from heaven so that he would have the strength to continue the journey God had placed before him. The food in the wilderness, which was delivered to Elijah by an Angel was also a reminder of how God continues to provide and care for his people.

In the verses preceding 7 through 8, We experience Elijah triumphing in his contest with the prophets of the god, Baal, yet fleeing from the furious queen, Jezebel. He finds himself terrified, exhausted, and exiled from his home. He just wants to die and seeks a place to be alone. He has given up on life and sits under an isolated broom tree. God however doesn't give up on Elijah but rather provides him with food to sustain him and sends him on yet another journey while receiving a new commission. He is to go back. The Lord's command means that Elijah is to take up once again the prophetic service to which he has been appointed.

This story shows how God continuously offers a new future and new hope in our deserts of fear, aloneness and frustration and still speaks to every age of offering spiritual food and nourishment to continue the journey he places before us so that we can move forward in hope.

### Reflection responses

1. What in the reading stirred your heart?
2. Does this Scripture story take on meaning for your life?
3. Did the story help you make connections to the Eucharist?
4. What has God taught you about yourself through testing?
5. What did you find enlightening?
6. In what ways have you experienced struggles like those of God's prophets?

### Action – Connect with the disconnected.

How or what will you do to share your experience of Eucharist through the Scriptures and worship with someone who is not participating in the Eucharist?

Can you gently and lovingly, and without judgment, ask another what prevents them from coming to experience the Eucharist?

Listen! Listen! Listen! The Holy Spirit will provide the words you should speak.

## **1Kings 19: 4-8**

4 and went a day's journey into the wilderness, until he came to a solitary broom tree and sat beneath it. He prayed for death: "Enough, LORD! Take my life, for I am no better than my ancestors."

5 He lay down and fell asleep under the solitary broom tree, but suddenly a messenger touched him and said, "Get up and eat!"

6 He looked and there at his head was a hearth cake and a jug of water. After he ate and drank, he lay down again,

7 but the angel of the LORD came back a second time, touched him, and said, "Get up and eat or the journey will be too much for you!"

8 He got up, ate, and drank; then strengthened by that food, he walked forty days and forty nights to the mountain of God, Horeb.