

Grounded: Roots



Reflection

Spend some time with God reflecting on your wholeness journey. Journal, draw, color, discuss or just think about your response to the questions below. Open yourself up to God's spirit and God's still small voice this week.

Focus Scripture: Colossians 2:2-3 (The Message Bible)

I want you woven into a tapestry of love, in touch with everything there is to know of God. Then you will have minds confident and at rest, focused on Christ, God's great mystery. All the richest treasures of wisdom and knowledge are embedded in that mystery and nowhere else. And we've been shown the mystery! I'm telling you this because I don't want anyone leading you off on some wild-goose chase, after other so-called mysteries, or "the Secret."

As you read this week's focus scripture what words or phrases stand out for you?

As you reflect on this scripture reading and/or your worship experience today, what do you feel God is saying to you?

Next Faith Step on Your Journey - Do this devotion using inspiration from *Grounded: A Devotional* by Diana Bulter Bass.

"If we do not know where we came from or where we are in a story, it is difficult to imagine that we can grasp the meaning and purpose of our own lives." (Grounded, p. 142)

Scripture:

Tell your children about it in the years to come, and let your children tell their children. Pass the story down from generation to generation. (Joel 1:3)

Reflection:

What kind of stories did you hear from your parents, your grandparents? Were they stories of hope and grace, compassion and justice? Or were they negative stories? How do those stories still shape your identity? Do you embrace those stories with joy, or do you need to revise and rewrite the stories passed down to you? What kind of stories are you passing on to your own children?

Prayer:

*"For long years I have kept this beauty within me,
It has been my life. It is sacred.*

*I give it now that coming generations may know the truth about my people.
I give it as the dew falls.*

*I give it as sacred pollen, that there may increase a better understanding among all people.
My days have been long.*

*Whoever reads and loves and learns from these stories shall profit by them, and their days shall be lengthened.
I give these in the spirit of generosity asking that no harm will come from the Powers who have given these stories to us.*

May no harm come from them. May they be accepted as an offering, as the pollen, as the dew."

(Navajo Storyteller's Prayer)



For Families

This Lent we have provided a weekly family devotion time with our "Lent in a Bag" resource. Pick up yours today in the Narthex!

Want to Go Deeper? Remember to pick up your copy of *Grounded* by Diana Butler Bass.

Consider these questions as you read chapter 4 "Roots" (From Rev. Todd Weir, First Churches UCC/ABC in Northampton, Massachusetts.)

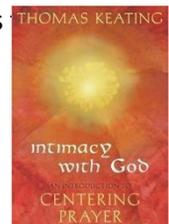
1. How important are your genealogical roots to your sense of well being (on a 1-10 scale)? Identify one important way that your roots matter to you.
2. Diana Butler Bass writes, "(We) have forgotten who we are and where we came from. We are nomads in time....So we go about as historical nomads, picking up random names, dates, bits of odd information, souvenirs of the past. But the big picture is gone, save what we reassemble." (pp. 141-142) How true is this and what is the spiritual impact of being nomads? What is the role of church in a nomad society?
3. What importance are the genealogies in the Bible? What most surprised you about biblical genealogies? In what ways to our personal and Biblical genealogical research interconnect, or construct our personal narrative?

You can also explore more about Diana Butler Bass at <http://dianabutlerbass.com/> which includes tools, videos, podcasts, news articles and other resources about *Grounded* and her other work.

This Lent during the morning prayer we are practicing the spiritual discipline of silence. Some tools include:



Teaches and supports how to do centering prayer (praying in silence). From Contemplative Outreach Ltd. Available on iOS and Android. FREE



Watch a video about Centering Prayer and how you do it found at <https://youtu.be/AZ3s9Stgt80>.

Read *Intimacy With God: An Introduction to Centering Prayer* by Thomas Keating, one of the premier teachers of silence and prayer.