

Sweeter than honey

Patsy McGregor *reflects on* Exodus 20:1-17,
1 Corinthians 1:18-25 and Psalm 19

I yawned as the Ten Commandments were read, yet again, in Lent. Still, this time something struck my ears. Failing to honour the sabbath is the equivalent of committing murder. That really sunk in and it struck me that celebrating the sabbath can be a Lenten discipline – allowing us to marinate, soak, and permeate in God’s word, resting in God’s presence.

Psalm 19 describes the law of the Lord as: “reviving the soul”. The psalmist continues: “the decrees of the Lord are sure, making wise the simple; the precepts of the Lord are right, rejoicing the heart; the commandment of the Lord is clear, enlightening the eyes; the fear of the Lord is pure, enduring forever; the ordinances of the Lord are true and righteous altogether. More to be desired are they than gold, even much fine gold; sweeter also than honey, and drippings of the honeycomb.”

It is impossible for people to know God by means of their own wisdom. What seems to be God’s foolishness is wiser than human wisdom, and what seems to be God’s weakness is stronger than human strength. On top of that, no one can see their own errors. The wisdom of God’s word brings discernment, keeps us from sin so it doesn’t rule over us and then, when we ask, God delivers us, even from our hidden faults. Certainly this is great incentive, so this Lent let’s stay immersed in the word! 🍯



Retirement

Staying fully involved

by Julia McGuinness

The word “retirement” is derived from the French “*retirer*”, meaning to withdraw. But withdrawing from the world of work does not mean opting out of purposeful living. Retired people have much to offer their church communities, particularly in nurturing and mentoring. But that means being there. Some churches lament the absence of active retirees, because they tend to spend long periods away. It’s something to consider

as we balance the chance to see more of the world alongside our opportunities to volunteer.

Within churches, older people can find themselves corralled into a separate group. But just as Christians are not isolated from the wider world, neither are they to interact solely in age-defined groups. The writer of Hebrews (10:25) wisely urges us to ensure we are “not neglecting to meet together”. Interaction is vital to spiritual health, as we find our worth and purpose in God’s family. 🍯

“The law of the Lord is perfect, reviving the soul; the decrees of the Lord are sure, making wise the simple.”

Psalm 19:7

Dear Lord, let the words of my mouth and the meditation of my heart be acceptable to you, O Lord, my rock and my redeemer. Amen.

Lent lunch – a bowl of soup

by Ricarda Witcombe

Soup is a common feature of a Lent lunch. Whether it is from a can, a posh box, or homemade, it involves ingredients gathered together and made into something new – a bit like the people in the church.

The word “soup” comes from the same root as the word for supper. Before the sixth century it referred to the bread that was dipped into a broth – like the

“sop” that Jesus dipped at the Last Supper and gave to Judas Iscariot. Later, it came to mean the broth not the bread.

If soup is on the menu for your Lent lunch this week, ponder the different things that have made it up. And as you dip a piece of bread into your steaming bowl, think about that moment when Judas took the sop from Jesus. It marked his decision to betray one who loved him. What choices do you face today? 🍯