

**Week 3: Love Pours Out** (Since we could not hold our Wednesday service, here are some texts and questions you can bring before the Lord, as part of your Lenten journey this week)

Lectio Divina (The Divine Text) *In this ancient Christian practice, find quiet place, and if possible, speak these verses out loud.*

*The first time you hear it- listen for one word that stands out to you. The second time, for a phrase or an image. The third time, as the Lord, “What are you saying to me today in this?”*

**1 John 3:16, 18** “This is how we know what love is: Jesus Christ laid down his life for us. And we ought to lay down our lives for our brothers and sisters. Dear children, let us not love with words or speech but with actions and in truth”.

**Old Testament Reading: Isaiah 58:5-12 (God’s words to the people through the prophet Isaiah)** Is this the kind of fast I have chosen, only a day for people to humble themselves? Is it only for bowing one’s head like a reed and for lying in sackcloth and ashes? Is that what you call a fast, a day acceptable to the LORD? “Is not this the kind of fasting I have chosen: to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke? Is it not to share your food with the hungry and to provide the poor wanderer with shelter—when you see the naked, to clothe them, and not to turn away from your own flesh and blood? Then your light will break forth like the dawn, and your healing will quickly appear; then your righteousness will go before you, and the glory of the LORD will be your rear guard. Then you will call, and the LORD will answer; you will cry for help, and he will say: Here am I. “If you do away with the yoke of oppression, with the pointing finger and malicious talk, and if you spend yourselves in behalf of the hungry and satisfy the needs of the oppressed, then your light will rise in the darkness, and your night will become like the noonday. The LORD will guide you always; he will satisfy your needs in a sun-scorched land and will strengthen your frame. You will be like a well-watered garden, like a spring whose waters never fail. Your people will rebuild the ancient ruins and will raise up the age-old foundations; you will be called Repairer of Broken Walls, Restorer of Streets with Dwellings.

- **Why do you think God cares so much about us showing love to each other? What does this tell you about God?**

**Gospel Reading: John 13: 12-17** (after the foot washing) When he (Jesus) had finished washing their feet, he put on his clothes and returned to his place. “Do you understand what I have done for you?” he asked them. “You call me ‘Teacher’ and ‘Lord,’ and rightly so, for that is what I am. Now that I, your Lord and Teacher, have washed your feet, you also should wash one another’s feet. I have set you an example that you should do as I have done for you. Very truly I tell you, no servant is greater than his master, nor is a messenger greater than the one who sent him. Now that you know these things, you will be blessed if you do them.

- **What might it look like for you to let “Love Pour Out” for someone this week?**

Pray: What do you need the Lord to “Fill up” in you right now, so that you can pour out love for others? Confess these needs to the Lord, and ask the Holy Spirit to grow in you the fruit of Jesus’ power and grace.