2.29.2020 (Day 3)
For Reflection:
Welcome to Lent day three.

   We have been considering "The Rock" as a name for God. What do you think about that? If you Google "The Rock" you get images of Dwayne Johnson, and with the name "Rocky" appears a youthful, buff Sylvester Stallone. We're talking fighters and some serious muscle. Besides that, rocks are hard, cold, not necessarily comfortable. Do you have trouble imagining a God like that?
The season of Lent has similar unsettling overtones. As a time of repentance, penitence, contrition it can seem like a hard place, too. We struggle with our mortality, shortcomings, and the ways we push God aside and try to be our own God. The "fight" to overcome sin occurs on the doorstep of Easter and it helps to remember that God is bigger than our mountainous problems. Be encouraged, this season, to bravely go to the deep places with God. Learn new things about him--about yourself, even if they're difficult and uncomfortable. Remember there is always Resurrection!

Today's Scripture:
   Do not be afraid. Stand firm and you will see the deliverance the Lord will bring you today. The Egyptians [problems] *you see today you will never see again. The Lord will fight for you; you need only to be still* (Ex 14:13-15, adapted).

Question to Ponder:
   What "fights" are you encountering right now? Can you really overcome this on your own? If you gave God the power to work in and around you, what would that look like?

Prayer:
   God my Rock, I think the person/thing I fight most often is you. I'm sorry. Teach me how to depend on you.

Practice: Breath Prayer (Continue)
   Become comfortable. Breathe deeply. Intentionally place yourself before God. In rhythm with your breathing, gratefully inhale the breath of life. Exhale remembering that Jesus gave his last breath for love of you. Gently and thankfully, repeat, "Breath of life, breathe on me."Try to practice from time to time throughout the day for at least 3-5 minutes.
   (from *The Spiritual Discipline Handbook*, Adele Ahlberg Calhoun/Breath Prayer)