

## Third Week of Lent: Meditation & Reflection

During Lent, we have an opportunity to *live our dash* through a process of examining our lives for a little spring cleaning and spiritual practice.

### ***Live Your Dash*** ***The Day Between*** by Linda Ellis

Yesterday will never reoccur;  
tomorrow cannot be foreseen.  
The only thing that matters  
is the day found in between.

The past and the future  
fill too much of what is me  
with memories and emotions  
of what has passed...or what might be.

Anticipation and regret  
seem to gnaw at my soul  
until I'm wrapped in a cocoon of days  
that I cannot control.

Though one is gone forever;  
its seconds slowly ticked away,  
and I was never promised  
a day after today.

The present is a perfect blend  
of what I've done and where I've been.  
I have never been this old before,  
nor will I be this young again.

Today I made a solemn vow  
only to myself  
to place yesterday's regrets and woes  
high upon a shelf...

unreachable and out of mind  
will be that stress and sorrow  
alongside their companion;  
the worries of tomorrow.

I shall escape the chains that bind me  
to what I cannot rearrange  
for what will be...will always be  
and what was...I cannot change.

My heart will then embrace its freedom.  
The here and now will matter more.  
I will inhabit my life's moments  
like I never have before...

by realizing everything I have  
instead of what I lack  
and letting go of all the obstacles  
I've allowed to hold me back.

The hours I've lived  
and those still pending,  
whatever they may mean,  
cannot compare to the magnificence  
of the day found in between.

## Third Week of Lent: *Ordering Your Life*

*God spoke all these words:*

*I am God, your God, who brought you out of the land of Egypt, out of a life of slavery.*

*No other gods, only me. No carved gods of any size, shape, or form of anything whatever, whether of things that fly or walk or swim. Don't bow down to them and don't serve them because I am God, your God, and I'm a most jealous God, punishing the children for any sins their parents pass on to them to the third, and yes, even to the fourth generation of those who hate me. But I'm unswervingly loyal to the thousands who love me and keep my commandments.*

*No using the name of God, your God, in curses or silly banter; God won't put up with the irreverent use of God's name.*

*Observe the Sabbath day, to keep it holy. Work six days and do everything you need to do. But the seventh day is a Sabbath to God, your God. Don't do any work—not you, nor your son, nor your daughter, nor your servant, nor your maid, nor your animals, not even the foreign guest visiting in your town. For in six days God made Heaven, Earth, and sea, and everything in them; he rested on the seventh day. Therefore, God blessed the Sabbath day; he set it apart as a holy day.*

*Honor your father and mother so that you'll live a long time in the land that God, your God, is giving you. No murder. No adultery. No stealing. No lies about your neighbor. No lusting after your neighbor's house—or wife or servant or maid or ox or donkey. Don't set your heart on anything that is your neighbor's. Exodus 20:1-17*

God gave Moses and the people the Ten Commandments ... a new way to live as a community wandering in the desert. Remember, these people had never been a nation before; they had simply been a large family. Now things had changed, and they were no longer under the oppressive rule of Egypt but had no way of knowing how to live in the world without conforming to others around them. God gave the commandments as a way of knowing the best ways to live, a way of ordering their life. We place high priority on these ten, but there are other commandments in the scriptures, other ordinances and statutes. But these ten are about living with God and living with others. What is important in your life? What do you prioritize? What is in order in your life, and where does your life need order?

Practice: Journal about your priorities in your life. They may be goals that you have personally, or they may be related to what is important, such as family and friends. How do you order your life? As you pray this week, ask God to keep your order of life on your heart, so that you might prioritize the people and things that have value and meaning for you, and let go of things that aren't as important.