

# LENT REFLECTIONS 2025

## Week 5

*By Rev Janet Bayly*

I wonder what energises you and what stresses you?

Quite an interesting exercise is to get a piece of paper and put a little drawing of yourself in the middle. On one side of picture list the things that energise you and on the other side the things that drain that energy. It can be illuminating, especially if one side is more heavily weighted. Life needs to be balanced and sometimes the negatives are much more than the positives. Just a minor adjustment can make all the difference.



Last week I led an assembly at North Marston School. The theme this term has been The Miracles of Jesus. I chose the healing of Peter's mother-in-law from a fever. I took in a digital thermometer asking the children if they knew what it was. Most of them did as probably one had been used on them! The next question was: What is our normal temperature – quite tricky for children and the answers ranged from 20 to 100 degrees. We eventually decided it was 37 degrees. I invited a child to come and pretend to have their temperature taken. When I took it (some rather over acting on my part) oh no, it's 40 degrees. The children were horrified! We then acted out the miracle. The energy in the school hall was palpable and it certainly energised me!

When I retired from teaching in 2003 to pursue my calling into ministry, I foolishly thought that I would be leaving education behind! Of course, in life, we move from one skill set to another building on what has gone before. Nothing is wasted.

In his book "Do Nothing to Change Your Life" Stephen Cottrell writes about "Becoming the person you are meant to be".. He draws out several points. Firstly that we are made in the image of God. I'm pretty sure that is not to be taken literally as we have no idea what God looks like. But I believe that we each have His spirit within us and how we act that out in our every-day lives is both individual and collective. We are social and

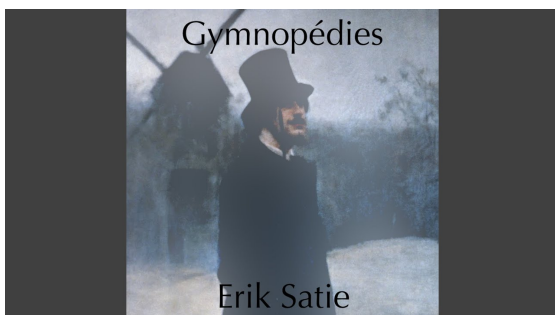
relational beings. So how can we become the people God means us to be? Stephen offers us three ways. Firstly, we need to show gratitude and thankfulness for all the blessings that surround us each day. We have our homes, families and loved ones; we have food and shelter; we have our church and community and so much more... The list is endless and we can thank God each day for his goodness. Secondly, we need to ask for forgiveness, again personally and corporately... Our lives and that of our broken world, need God's forgiveness and healing and Lent gives us that opportunity to reset whatever needs to be. Lastly we need to live each day in all its fullness drawing it all together within the love of God, Father, Son and Holy Spirit. Lent is a time for taking a step back and considering any changes that need to happen. Maybe that energising and stress balance need a bit of readjusting.

Jesus said: *"The thief comes to steal and kill and destroy. I have come that they may have life and have it abundantly"* (John 10.10)

**Prayer:** *Lord we give you thanks for all your goodness, mercy and grace in our lives. Help us to live out your love in our daily lives becoming the people you mean us to be . Amen.*

**Hymn:**

God forgave my sin in Jesus' name  
I've been born again in Jesus' name  
And in Jesus' name I come to you  
To share his love as he told me to.  
*He said: Freely, freely you have received  
Freely, freely give.  
Go in my name and because you believe,  
Others will know that I live.*



**Blessing**

Abide in the love of the Father  
who upholds you  
Abide in the peace of the Son  
who enfolds you  
Abide in the power of the Spirit  
who sustains you. Amen

*Listen to Gymnopedie No 1 by Erik Satie*