

LENT REFLECTIONS 2025

Week 4

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Did you know, that scientists estimate we consume an average of 74GB data and information each day (the equivalent of watching 16 movies or reading 200,000 words or 2 books a day)? 74 GB of information would have been what a highly educated person consumed in a lifetime through books and stories 500 years ago. Obviously, I have found this information on the internet, a place where we spent far too much time each day, being ambushed with information.



If we indeed process so much information a day, what is the source of that information for us? Have we got control over it or are we happy to just expose ourselves to any information that comes our way? Like with anything in life, it's about balance. Do we feel exhausted, anxious and hopeless at the end of the day or do we feel uplifted, energised and positive?

We cannot escape information that may leave us worried. Listening to the news or reading the paper may make us anxious about the world, but it also has the potential to encourage us to play our part, and engage with the life around us in whatever capacity we may feel able to do so. We also have the choice to actively seek sources of information which nurture us and give us hope.

God's word is one source of information that is worth of turning our attention to, and not just during Lent. There are so many passages in the Bible, that as we become familiar with them, become source of our comfort and strength. *Trust in the LORD with all your heart, and do not lean on your own understanding. In all your ways acknowledge Him, and He will make straight your paths. (Proverbs 3:5-6)*

God's creation is another source of information worth of turning our attention to. It's been lovely, during the past few days, to enjoy the sun, to enjoy the blossoming spring and hear the birds singing. During such times, we can allow ourselves to observe and notice the beauty of God's world, and let that beauty uplift us, nurture us and encourage us to be more caring for God's world.

There are many life giving sources of information.... What is it for you? Music? Art? Time with friends and family? Prayer? Time reading the Scripture? Something else?

Perhaps you can use the reminder of Lent to pay attention to what is predominantly a source of your information, and if you feel the need, turning towards sources which would nurture you and give you life.

I feel I cannot finish without leaving you with another poem by Mary Oliver. Today it's 'North Country.'

NORTH COUNTRY

In the north country now it is spring and there is a certain celebration. The thrush has come home. He is shy and likes the evening best, also the hour just before morning; in that blue and gritty light he climbs to his branch, or smoothly sails there. It is okay to know only one song if it is this one. Hear it rise and fall; the very elements of you should shiver nicely. What would spring be without it? Mostly frogs. But don't worry, he

arrives, year after year, humble and obedient and gorgeous. You listen and you know you could live a better life than you do, be softer, kinder. And maybe this year you will be able to do it. Hear how his voice rises and falls. There is no way to be sufficiently grateful for the gifts we are given, no way to speak the Lord's name often enough, though we do try, and

especially now, as that dappled breast breathes in the pines and heaven's windows in the north country, now spring has come, are opened wide.

Prayer

Dear God,
Help us to seek you in your word and in the world around us,
comfort us and strengthen us when we are overwhelmed
by the happenings in this world,
guide us, when we feel hopeless and lost,
and inspire us to live our lives
in a way which would reflect your love,
through Jesus Christ, our Lord. Amen.



John Rutter's 'Look at the World' also speaks about the beauty of

God's Creation:

*"Look at the world,
everything all around us,
look at the world
and marvel every day.*

*Look at the world,
so many joys and wonders,
so many miracles
along our way..."*