

# Journey in the Desert



Week Six  
Transformation—Living  
in Freedom

As you begin this season of Lent, reflect on this passage.

When the hour came, he took his place at table with the apostles. He said to them, "I have eagerly desired to eat this Passover with you before I suffer, for, I tell you, I shall not eat it again until there is fulfillment in the kingdom of God." Then he took a cup, gave thanks, and said, "Take this and share it among yourselves; for I tell you (that) from this time on I shall not drink of the fruit of the vine until the kingdom of God comes." Then he took the bread, said the blessing, broke it, and gave it to them, saying, "This is my body, which will be given for you; do this in memory of me." And likewise the cup after they had eaten, saying, "This cup is the new covenant in my blood, which will be shed for you.

Luke 22: 14-20

Our Lord offers us his whole life. Yet, so often we focus on ourselves and what we can give God or do for God. Have you ever considered what God wants to give you? God wants to bless us with his grace. During this season of Lent, ask yourself this question - what does God want to give me this Lenten season?

### **Fifth Week of Lent**

**Daily prayer:** Each morning as you begin your day, light a candle and say the following prayer:

Almighty God, you have given us your Son Jesus Christ as a model of humility. He fulfilled your will by giving His life on the cross. Help us to bear witness to you by following His example and make us worthy to share in His resurrection. We ask this through Jesus Christ our Lord.

**Is there one way today where you can give your life for someone? What way can you witness the fact that you are modeling your life after Christ? Can you find one example of your life being worthy of sharing in the resurrection?**

**Daily meditation:** Following is a portion the Gospel for the sixth Sunday of Lent. Read this scripture passage each morning, then reflect on the daily questions that follow.

When the hour came, Jesus took his place at table with the apostles. He said to them, “I have eagerly desired to eat this Passover with you before I suffer, for, I tell you, I shall not eat it again until there is fulfillment in the kingdom of God.” Then he took a cup, gave thanks, and said, “Take this and share it among yourselves; for I tell you that from this time on I shall not drink of the fruit of the vine until the kingdom of God comes.” Then he took the bread, said the blessing, broke it, and gave it to them, saying, “This is my body, which will be given for you; do this in memory of me.” And likewise the cup after they had eaten, saying, “This cup is the new covenant in my blood, which will be shed for you. “And yet behold, the hand of the one who is to betray me is with me on the table; for the Son of Man indeed goes as it has been determined; but woe to that man by whom he is betrayed.” And they began to debate among themselves who among them would do such a deed.

Then an argument broke out among them about which of them should be regarded as the greatest. He said to them, “The kings of the Gentiles lord it over them and those in authority over them are addressed as ‘Benefactors’; but among you it shall not be so. Rather, let the greatest among you be as the youngest, and the leader as the servant. For who is greater: the one seated at table or the one who serves? Is it not the one seated at table? I am among you as the one who serves. It is you who have stood by me in my trials; and I confer a kingdom on you, just as my Father has conferred one on me, that you may eat and drink at my table in my kingdom; and you will sit on thrones judging the twelve tribes of Israel. (Luke 22:14-30)

Sunday—What does Jesus mean when he says “do this in memory of me?” How can your live that out?

Monday—It's hard to fathom how Judas could have betrayed Jesus. We know that Peter also betrayed Jesus. Has there ever been a time in your life where you have behaved like Judas or Peter? What keeps you on the right path of seeking Jesus out just as Peter did?

Tuesday—The disciples argued about which of them is the greatest. Our culture also holds up achievement and success. How do you distinguish between seeking earthly success and heavenly success?

Wednesday—Is it possible to be a leader and servant at the same time? How can you be a servant today?

Thursday—How is it possible to achieve greatness in being a servant?

Friday—Jesus initiated a kingdom when He was on this earth. What kind of kingdom do you think Jesus imagined? How have we fallen short? What do you do to build up the kingdom here on earth?

Saturday—The disciples do not clearly understand what is at stake or who Jesus is at this point. At this point in your life, who is Jesus to you? What stake does He have in your life?

## Weekly Exercise

We all desire to live in freedom. We already have freedom in our country but are seeking a more lofty freedom through God. Reflect on these scripture passages and the questions.

- ❖ Now the Lord is the Spirit; and where the Spirit of the Lord is, there is freedom. (1 Corinthians 3:17)
- ❖ For freedom Christ set us free; so stand firm and do not submit again to the yoke of slavery. (Galatians 5:1)
- ❖ For you were called for freedom, brothers. But do not use this freedom as an opportunity for the flesh; rather, serve one another through love. (Galatians 5:13)
- ❖ Everyone should remain in the state in which he was called. Were you a slave when you were called? Do not be concerned but, even if you can gain your freedom, make the most of it. For the slave called in the Lord is a freed person in the Lord, just as the free person who has been called is a slave of Christ. You have been purchased at a price. Do not become slaves to human beings. (1 Corinthians 7:20-23)
- ❖ The Spirit of the Lord is upon me, because he has anointed me to bring glad tidings to the poor. He has sent me to proclaim liberty to captives and recovery of sight to the blind, to let the oppressed go free, and to proclaim a year acceptable to the Lord." (Luke 4:18-19)
- ❖ Jesus then said to those Jews who believed in him, "If you remain in my word, you will truly be my disciples, and you will know the truth, and the truth will set you free." (John 8: 31-32)

What's the difference between the freedom our country offers us and the freedom offered to us in Christ?

How can we be free if we submit to God and are obedient to him?

Can you define "freedom in Christ?"

What area in your life does not give you freedom? Are you a slave to anything?

What are three things you can do in your life to begin living in freedom?

### **Journey Check Point**

Easter is only two weeks away. Let's do a quick check up on the three main components of our Lenten journey. What are you doing differently now than you did a week ago? Make some brief notes in each of the areas below. Look back at your workbook from week one if you need more suggestions.

Prayer—

Fasting—

Almsgiving—

**If you chose to adopt a virtue,** reflect more on that virtue this week. In what ways does the practice of this virtue give you more freedom?

How important do you think this virtue is in heaven? Why?

**If you are working at losing a vice,** make note of the times you were able to overcome this vice this past week.

Specifically, how would your life be different if you were not enslaved by this vice?

**Take a few minutes before attending Mass this weekend** to read over the words to this song which we will be singing as our opening song.

### *The King of Glory*

*Refrain:* The King of glory comes, the nation rejoices.  
Open the gates before him, lift up your voices.

Who is the king of glory; how shall we call him?  
He is Emmanuel, the promise of ages.

In all of Galilee, in city or village,  
He goes among his people curing their illness.

Sing then of David's Son, our Savior and brother,  
In all of Galilee was never another.

He gave his life for us, the pledge of salvation,  
he took upon himself the sins of the nation.

He conquered sin and death; he truly has risen.  
And he will share with us his heavenly vision.

In the refrain this song suggests three things when the King comes in glory. We are to rejoice, open the gates before him, and lift our voices. Specifically how do you do that in your daily life—how do you rejoice, how do you open the gates, how do you lift your voice? (Use additional paper.)

**And finally...**

**Look at your workbook from week one again,** what notes did you make about what a “good Lent” looks like? What things have you done this past week that have moved you towards the experience of a good Lent? Look back over your notes in this area from the past few weeks. Are you actually taking action to be ready for Easter?

Are you enjoying this Lenten series? Do you have any suggestions or critiques? What do you like about it, what can we improve on? Send your thoughts to [feedback@epiphanymn.org](mailto:feedback@epiphanymn.org). Thanks!