

Welcome to thinplaceNASHVILLE: March 15, 2020 *What is God's word for you today? What is Jesus speaking to you about today? Listen and allow the Holy Spirit to Highlight the passages for you. Be still. Listen. Respond.*

OPENING PRAYER CANDLES (Pray /repeat after leader)

Lord we ask you to fill us with your Hope

Lord, fill us with your Peace

Lord fill us with your Joy

Lord, fill us with your Love

And Lord Help us to see your Light! AMEN

Let's Pray the Psalm Together

Psalm 95 NIV

¹ Come, let us sing for joy to the Lord;
let us shout aloud to the Rock of our salvation.

² Let us come before him with thanksgiving
and extol him with music and song.

³ For the Lord is the great God,
the great King above all gods.

⁴ In his hand are the depths of the earth,
and the mountain peaks belong to him.

⁵ The sea is his, for he made it,
and his hands formed the dry land.

⁶ Come, let us bow down in worship,
let us kneel before the Lord our Maker;

⁷ for he is our God
and we are the people of his pasture,
the flock under his care.

Today, if only you would hear his voice,

⁸ "Do not harden your hearts as you did at Meribah,

as you did that day at Massah in the wilderness,

⁹ where your ancestors tested me;
they tried me, though they had seen what I did.

¹⁰ For forty years I was angry with that generation;
I said, 'They are a people whose hearts go astray,
and they have not known my ways.'

¹¹ So I declared on oath in my anger,
'They shall never enter my rest.'" AMEN

PSALM 95 THE MESSAGE

Come, let's shout praises to God,
raise the roof for the Rock who saved us!
Let's march into his presence singing praises,
lifting the rafters with our hymns!

³⁻⁵ And why? Because God is the best,
High King over all the gods.
In one hand he holds deep caves and caverns,
in the other hand grasps the high mountains.
He made Ocean—he owns it!
His hands sculpted Earth!

⁶⁻⁷ So come, let us worship: bow before him,
on your knees before God, who made us!
Oh yes, he's our God,
and we're the people he pastures, the flock he feeds.

⁷⁻¹¹ Drop everything and listen, listen as he speaks:
"Don't turn a deaf ear as in the Bitter Uprising,
As on the day of the Wilderness Test,
when your ancestors turned and put *me* to the test.
For forty years they watched me at work among them,
as over and over they tried my patience.
And I was provoked—oh, was I provoked!
'Can't they keep their minds on God for five minutes?
Do they simply refuse to walk down my road?'
Exasperated, I exploded,
'They'll never get where they're headed,
never be able to sit down and rest.'" AMEN

Your cup and a pitcher of Water.....

Read the Gospel John 4:5-42 in the NIV and in the Message

IDEA: if you are doing this on your own at home, the Bible Gateway App will allow you to listen to both versions read aloud?

What do you notice that you might not have noticed before?

Read the Old Testament Exodus 17:1-7

¹7 The whole Israelite community set out from the Desert of Sin, traveling from place to place as the Lord commanded. They camped at Rephidim, but there was no water for the people to drink. ²So they quarreled with Moses and said, "Give us water to drink."

Moses replied, "Why do you quarrel with me? Why do you put the Lord to the test?"

³But the people were thirsty for water there, and they grumbled against Moses. They said, "Why did you bring us up out of Egypt to make us and our children and livestock die of thirst?"

⁴Then Moses cried out to the Lord, "What am I to do with these people? They are almost ready to stone me."

⁵The Lord answered Moses, "Go out in front of the people. Take with you some of the elders of Israel and take in your hand the staff with which you struck the Nile, and go. ⁶I will stand there before you by the rock at Horeb. Strike the rock, and water will come out of it for the people to drink." So Moses did this in the sight of the elders of Israel. ⁷And he called the place Massah and Meribah because the Israelites quarreled and because they tested the Lord saying, "Is the Lord among us or not?"

What is God's Word for you today? What is God speaking you about today? Use the psalm and/or the Gospel as your inspiration. Write, Journal, or create in Art, or Just BE with Jesus. Allow the Holy Spirit to inspire you! THINGS TO CONSIDER WHILE JOURNALING....

1. After reading the Psalm, how is your heart today? Heavy? Light? Frustrated? Talk to Jesus about this.
2. In the psalm we are reminded of the greatness of God, that God is holding all things in God's hand. How does this make you feel?
3. Who are the Samaritans/the outcasts in your neighborhood, and in your town, that need to know the Living Water of Jesus ?
In the midst of the coronavirus, how do we help these people?
4. Jesus reveals himself as the Messiah, the savior, to this Samaritan woman... he usually isn't this direct about his identity... why is he direct with her? Why this revelation to "an outcast"... a samaritan and a woman?
5. Jesus sees her worth and values who she is even in her brokenness and sinfulness ...he loves her and invites her to change and see things differently.
How is Jesus inviting us to see things differently today?
How can you know and believe Jesus really sees who you are and knows all you ever did but loves you anyway?
6. How can we see this crisis as a gift? What is " the gift" of social distancing/sheltering in place?
7. In the midst of this crisis He wont leave us thirsty
Jesus wants to provide us with living water in the wilderness... in the desert of lent,
In the Desert /wilderness of the crisis at hand.
God is providing water.
We need to go to the well.
And Draw water like we always do.
Jesus is waiting for us to show up! What will it take for you to show up at the well?

CLOSING PRAYER:

Lord!

Give us grace today to love as you love.

Help us to love with extravagance.

Give us hope today for ourselves and others.

Heal our hurts and our hearts today,

So we can serve and help those around us.

Help us to know that you are enough.

And help us live today and everyday in thankfulness.

For all you've done and for all you bless us with.

In the Name of the Father, the Son, and the Holy Spirit. AMEN



What are the things you are carrying around with you right now?

The heavy things, the frustrations, the burdens?

Allow Jesus to hold these things for you!

Imagine that these hands are the hands of Jesus. Write these things on the hands, or make a list and put them in the hands of Jesus...you could even come back to this and make a collage using words cut from magazines.

You can also print out the photo and use it as a visual reminder that Jesus is holding you in his hands and keeping you safe. Use it as a visual reminder to LET GO and LET GOD carry all your worries, fears, etc. each day, each hour of the week.

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