



**Theme: Tell Me Something Good – Good News in the
Gospel of John
“The Light That Changes the World”**

We have a great new way for you to get these Meditation Moments each day directly to your phone. Just text **“med moments”** to **970-426-0700** to receive the **daily Meditation Moment** each morning and start your day grounded in faith and peace.

Weekly Memory Verse:

4 The Word gave life to everything that was created, and his life brought light to everyone. – John 1:4

The season of Lent is the 40 days and 7 Sundays before Easter and we will be reading through the gospel of John together as a congregation. The Meditation Moments contain a reading plan for the Gospel and just a few minutes a day will take you through the entire book. If you get behind, or join us in the middle, don't worry or try to catch up...just join us where we are! Our hope is to experience something good, the Gospel of Jesus Christ, through these readings that bring life and light.

Meditation Moments for Monday, February 23 – Read John 1:1-5. John's prelude was like a great musical overture. The first three words, “In the beginning,” were the first of many connections in the gospel to the first book in our bible, Genesis 1-2. John wanted us to see that Jesus the Creator was creating something good and something new. The “life” and “light” images were also from those “beginning” stories, with the added insight that since the beginning the world had grown dark. Into this dark world, Jesus brought inextinguishable life and light for all who trusted in him.

 “In the beginning” reaches back to mysteries that even today's science can barely scratch the surface of. But John said Jesus, the Word, was already here “in the beginning.” Jesus “was” BEFORE the beginning! In other words, John believed Jesus is eternal; Jesus is God. Can you believe, with John, that Jesus is

more than just a good man? John believed that because he knew Jesus. In what ways can you deepen your personal connection with Jesus?



Verse 5 reads, “The light shines in the darkness, and the darkness doesn’t extinguish the light.” So many kinds of darkness try to put out the light in our lives – the death of someone we love, a broken relationship, facing unfair or abusive treatment, financial uncertainty and fear, and many more. What does it mean to you that Jesus’ light keeps shining even at those times? How can you keep your spiritual eyes open to receive Jesus’ light?

Prayer: *Lord Jesus, give me “eyes to see” the light of how much you love and value me as I read your story again in John’s gospel this Lenten season. Amen.*

Tuesday, February 24 – Read John 1:6-18. The Greek and Roman gods usually showed little interest in human beings’ day-to-day concerns. John said “the Word” was utterly different. He gave all who believed in him the right to become children of God. “The Word became flesh and made his home among us,” were unique and powerful words. Neither Greeks nor Jews believed God could bridge a gap that wide. But John said the light wasn’t just about God—the light was God himself, one of us yet so much more than just one of us.



Being born is the way each one of us enters the world to begin a new life. John, taking his cue from the words of Jesus in John 3:3-8, said the quality-of-life Jesus brought is so fresh and filled with divine energy it’s like being born anew as a child of God. When did your spiritual journey start? In what ways has walking with Jesus given you a whole new life?



The poetry of Genesis said, “In the beginning,” God made the world, and declared it good (Genesis 1:31). But many prominent, widely accepted philosophies in John’s time, such as Philo’s, said the physical world (“flesh”) was so corrupt and evil that a truly good God could have no contact with it. In what ways does Jesus, the Word who “became flesh,” cast light on what it means for you to be fully human?

Prayer: *Lord Jesus, thank you for becoming flesh, and for giving me the authority and power to be born anew as a child of God. Thank you for my new life. Amen.*

Wednesday’s Lenten Service and Soup Supper is at First Presbyterian at 6 PM.

Wednesday, February 25 – Read John 1:19-28. Today we are introduced to Jesus’ forerunner, John the Baptist (or “Baptizer”). This fiery prophet came from the Judean desert to the Jordan River, and his preaching of repentance moved the authorities to send messengers to ask him if he claimed to be the Messiah. John humbly said he claimed only to be carrying out the message of Isaiah 40:3. He was here, he said, to direct people to “someone greater.”



The book of 1 Maccabees, written about 100 years before Christ, told of heroic brothers who fought for Israel’s freedom. At one point, it noted in 1 Maccabees 9:27: “There was distress in Israel, such as had not been since the time prophets ceased to appear among them.” How does this background help you

(Meditation Moments for February 23-28, 2026 – For more, go to www.summitdurango.org)

understand why John's (and then Jesus') powerful, prophetic preaching triggered great excitement and hope?

 John said, in relation to the "someone greater" coming after him, that, "I'm not worthy to untie his sandal straps." Do you believe John's comment reflected an unhealthy lack of self-worth and confidence in himself? Or do you see it as a reflection of the kind of reverence and devotion that Jesus' followers believed was only appropriate in the presence of the Word who became flesh?

Prayer: *Lord Jesus, you still seek a path into every human heart. Help me, like John the Baptist, to be "a voice crying out in the wilderness, Make the Lord's path straight." Amen.*

Thursday, February 26 – Read John 1:29-34. In this remarkable passage, John the Baptist first recognized and identified Jesus as "the Lamb of God who takes away the sin of the world." That title was a clear signal that Jesus' self-giving life and death would fulfill all the symbolism of Israel's sacrificial system of worship. But John had even more to say: "I have seen and testified that this one is God's Son."

 In the Temple, a worshipper confessed his or her sin over an innocent lamb. Then a priest sacrificed the lamb and placed its blood symbolically on the altar to clear the sinner from guilt. What does the image of Jesus as "the Lamb of God," that we also see used in Matthew 1:21, tell you about one key reason he came? How can you prepare your heart this Lenten season to fully accept forgiveness from "the Lamb of God, who takes away the sin of the world"?

 The way Mark chose to tell the gospel story, Jesus was not called God's Son until a Roman centurion who had watched him die on the cross said in Mark 15:39, "This man was certainly God's Son." But 20 to 30 years later, John's gospel wove that crucial statement of faith throughout his very first chapter. On what basis did John the Baptist reach that belief? Do you wonder if this is true? Why or why not? What leads you to believe and testify that Jesus "is God's Son"?

Prayer: *Lord Jesus, give me the boldness of John the Baptist to step into the adventure you began 2000 years ago, to risk bearing witness to all the divine love and forgiveness I believe you embodied. Amen.*

Friday, February 27 – Read John 1:35-42. One of the most remarkable ways John the Baptist showed his humility was to point everyone, even his own close followers, toward Jesus, "the Lamb of God." Two of John's followers (we learn that one of them was Andrew) were so intrigued when they heard John describe Jesus that way that they followed Jesus on the spot.

 It's important to note that when John's two disciples followed "the Lamb of God," they asked, "Where are you staying?" Jesus shows us what the looks like when he said simply, "Come and see." Note that he doesn't say, "Come and believe." He wants us to discover faith as we follow and watch his life, ministry, suffering, death, and resurrection. Verse 39 said "they remained with him that day." When, and in what ways, has your desire to follow Jesus meant spending

time with him, listening and learning? How might you do more of that, during this Lenten season and beyond?



Enter Simon Peter, perhaps the most colorful, outspoken, and brashly human of all Jesus' first disciples. When we get to the end of the gospel (spoiler alert!), we'll find him figuring in a powerful story of restoration after shattering failure. Yet Jesus immediately gave him a name that meant "Rock," promising much future growth. In what ways have you grown since you started to follow Jesus? What growth do you look forward to in the future?

Prayer: *Lord, you extend your invitation to "come and see" to me during this Lenten season. Draw my heart closer to yours and teach me to live in to your vision of a transformed world. Amen.*

Saturday, February 28 – Read John 1:43-51. Jesus grew up in Nazareth, a tiny village. It was about an hour's walk from Galilee's district capital, Sepphoris, a prosperous city which built a Roman theater during the time of Herod the Great. This description from *The Dictionary of Jesus and the Gospels* shows Nazareth's obscurity: "As it expanded, Nazareth may have grown to a settlement of some 200 persons." So, when Phillip told Nathanael that "We have found the one Moses wrote about in the Law and the Prophets: Jesus, Joseph's son, from Nazareth," Nathanael responded as any of us might have: "Can anything from Nazareth be good?" But Nathanael was quickly convinced Phillip was right once he met Jesus.



In verse 51, Jesus reminded Nathanael of the story of "Jacob's ladder" in Genesis 28:12 and said Nathanael would see something similar as he spent time with Jesus. The message was that Jesus truly linked heaven and earth in a way Jacob's famous dream only symbolized. How open is your heart to perceiving the often, unseen spiritual realities of God's world? In what ways can reading, studying and meditating on the story of Jesus, as told in John's gospel, help to make that connection stronger for you?

Prayer: *Lord Jesus, John wrote that in you, heaven came to earth. But many days this dark world doesn't look much like heaven to me. Please connect me more closely to God, to the source of all life and goodness. Amen.*