



Theme: Tell Me Something Good
– Good News in the Gospel of John
“Cleaning Feet, Loving Well, and Trusting Deeply”


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:

“³³ I have told you all this so that you may have peace in me. Here on earth, you will have many trials and sorrows. But take heart, because I have overcome the world.”
– John 16:33

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, March 23 – Read **John 15:1-17**. Historically, Israelites often saw themselves as part of a vineyard God tended. We see this image in Psalm 80:8-18 and Isaiah 5:1-7. Jesus adapted that image. When his followers stayed united to him like branches to a vine, Jesus said, their lives would bear the fruit of love.


 You don't have to be a great gardener to understand that any branch from a vine or tree that decided to “go it alone” would soon dry out and wither up. There is a key question Jesus' image triggers: What does it look like in practical, day-to-day terms to “remain” in Jesus? In what ways do your fellow believers help keep you “in Jesus”? How does your private devotional life deepen your relationship with Jesus?

 Jesus described the highest form of love in verse 13: “No one has greater love than to give up one’s life for one’s friends.” That was exactly what he did the next day on the cross. But what does it mean, again in practical, day-to-day terms, to love others as sacrificially as Jesus loved us? How can healthy self-care be a key part of equipping yourself to love sacrificially?

Prayer: *Lord Jesus, keep me connected to you today. Let me be a branch through which your divine love can flow freely to bless the lives of other people around me. Amen.*

Tuesday, March 24 – Read **John 15:18-16:3**. Jesus never sugar-coated things for his disciples. Here he plainly said, “the world” (those who rejected Jesus) would hate them. When John wrote, it is believed that many synagogues were expelling any members who accepted Jesus as the Messiah. This cut people off from family connections and all the support structures and patterns on which they had depended. But Jesus also said that, even in the face of hatred, the Companion, the Holy Spirit, would keep his followers anchored knowing they belong to heaven’s family.


 When Jesus warned his disciples in John 16:1 about the hardships to come because they followed him, he urged them not to give up their faith. As Jesus’ followers, we have the Holy Spirit’s presence to strengthen us in our life of faith. What are the times that most test your faith? How do you remind yourself of Jesus’ living presence through the Holy Spirit during those times?

 We read in Acts 12:1-3 that Herod executed John’s brother James, and the religious leaders were pleased. Jesus’ prediction had come true in John’s personal life: “The time is coming when those who kill you will think that they are doing a service to God.” Have you ever faced unfair, hurtful treatment from people who think “they are doing a service to God”? How can you stand for God’s truth without becoming a person who does harm in God’s name?


Prayer: *Lord Jesus, in the shadow of the cross, you promised that you would always be with me in the Holy Spirit. Help me to live my life, not consumed by fear, but energized by your promise! Amen.*

Wednesday’s Lent Service/Soup Supper is at St. Mark’s Episcopal Church at 6 PM.

Wednesday, March 25 – Read **John 16:4-16**. Jesus had only hours left to live. He had told his disciples that he would give his life for them and the whole world. He loved them and tried to prepare them before he left them. Yet, he knew that when things like the crucifixion happen, we grieve. We read in John 11:35 that Jesus had felt it himself in. He acknowledged in verse 6, “you are filled with sorrow.” Instead of telling them not to feel what they were feeling, he told them the Holy Spirit would be with them always, every day, guiding and helping them as they stayed connected to him.


 Jesus provided for an active Companion to be with us until the end of time and space as we know it. Jesus has not forgotten or deserted us—he is constantly with us through the Holy Spirit. What word or phrase in today’s passage about


the Holy Spirit speaks most to your heart? When have you most sensed Jesus' presence with you?

 Jesus was direct with the disciples: "I have much more to say to you, but you can't handle it now." He told them in verse 13 that the Holy Spirit would continue his work of teaching them. Have you gone through times when you weren't ready to handle the full truth of a medical, relational or spiritual situation? What is the value of realizing that God doesn't insist on "cramming" the whole truth down our throat when we're not ready, but continues to work patiently with us as we adjust?

Prayer: *Lord Jesus, guide me by your Spirit each day. Give me a teachable spirit to know more about you and your will for me throughout the rest of my life. Thank you for being patient with me. Amen.*


Thursday, March 26 – Read **John 16:17-33**. Near the end of this section of teaching, Jesus said, "In the world you have distress." That's one reason the Holy Spirit's presence mattered so much. But then he added, "Be encouraged!" The disciples might have wondered, "Why should we be encouraged, in this dark world full of distress?" Because, Jesus said, "I have conquered the world."

 John reported that, with his arrest and execution imminent, Jesus said, "I have conquered the world." Not "I will conquer the world," but "I HAVE conquered the world." How could he have such confidence, in the face of what lay just ahead of him? How can you allow Jesus to give you the same confidence in the face of whatever problems and challenges the world throws at you?

 In verse 18, John wrote that Jesus' teaching confused the disciples. Jesus said he was going away, hardship would come, but the Holy Spirit would be with them, and in the end he would overcome. That must have seemed strange as they did not yet know the end of the story like we do. When have you found problems and painful times in life confusing, especially considering the fact you may not know how it will work out? Has your connection with Jesus given you greater ability to endure? Find a way to **memorize verse 33**, so that you can always carry Jesus' hope-filled promise with you into any situation.

Prayer: *Lord Jesus, thank you for promising to be with me always, especially in the hard times. Thank you for the awareness I can have that you have conquered the world. Help me to live in this truth. Amen.*

Friday, March 27 – Read **John 17:1-19**. "Father, the time has come," Jesus prayed. His teaching and healing ministry was over; the cross was just ahead. He told the Father that he had done his God-given work by making God known to our world. He returned to the theme we saw in John 12, asking God to "glorify" him through the cross! Then his prayer focused not on his own well-being but on his followers. He asked God to guard the disciples as they faced a hostile world.

 In verse 14, Jesus said, a bit surprisingly, that his followers "don't belong to this world" any more than he did. In what ways are you most interested in, and attentive to, this world? What are some ways "this world" convinces you that

you belong in this world and not ultimately to God's Kingdom? In what areas of life do you most sense your energy and focus shifting to God's Kingdom, both in God's mission in this world and in the hope of eternity beyond this world that God offers?



Jesus prayed, "I have glorified you on earth by finishing the work you gave me to do." Do you have a sense of what work God has given you to do during your time on this earth? If so, in what ways does that shape your priorities, the ways you spend your time and energy? If not, what are some ways that God and other followers of Jesus could help you to discover the work God's given you? You can always reach out to Kristen Folden, our Director of Engagement and Caring Ministries who would love to help you find a place for you to engage here at Summit Church, kristen@summitdurango.org.

Prayer: *Lord Jesus, fill my heart with a desire to know the work you have given me to do. Then fill my life with your power; to do the work you have for me. Amen.*

Saturday, March 28 – Read John **17:20-26**. As Jesus ended his prayer, he asked God to empower "those who believe in me because of their word" to live united in love. In other words, he prayed for his followers through the ages, including you. He didn't pray for unity based on human "niceness," but on a truly cosmic reality he invited all to take part in verse 21: "I pray they will be one, Father, just as you are in me and I am in you."



Scholar N. T. Wright wrote in his commentary, *John for Everyone*, "Imagine some great figure of the past...who you respect and admire. Imagine that historians have just found...a letter from the great man. And imagine that it was talking about—you! How would you feel? That is how you should feel as you read verse 20. Jesus is talking about you. And me." Just hours before he went to the cross, King Jesus was confident his kingdom would endure, prevail over the world's hatred, and in time reach you. How does your heart respond when you realize that Jesus prayed for you?

Prayer: *Lord Jesus, make me a living, breathing answer to your prayer. I open my heart to the work of your Holy Spirit. Guide me as I seek to share your love and grace with everyone I meet. Amen.*