

## PREPARING AT HOME

March 11-17, 2019

*Focus reading:* Genesis 15:1–12, 17–18 (<http://bible.oremus.org/?ql=417515404>)

*Other lectionary readings:* Psalm 27; Philippians 3:17—4:1; Luke 13:31–35

*Theme:* Journey toward Trust

As we move through our own Lenten journey, we turn to a story about Abram and Sarai, two people who knew firsthand what it was like to journey through the wilderness. Abram and Sarai had left their home in search of God’s promised descendants and land. Leaving the “known” for the “unknown” is difficult, even if what is known is far from perfect, but the couple began their journey with faith in God and God’s promises. Here we find Abram growing discouraged, as time passes with no sign of the promises being fulfilled. How can Abram continue the journey, trusting the One who made those promises, despite the lack of evidence that he is any closer to seeing the promises come true? It is a question that we face on our own Lenten journeys. How do we carry on in faith, holding onto a promise when everything around us screams that the promise is nothing more than a crazy dream? Could Abram rely on anything God said? How did he know that any of it was true? The answer would be found in a ritual. The gory ritual described in our reading may be repulsive to us, but it was a commonly understood ritual in Abram’s culture. Rituals renew our trust and remind us why we are on the journey. Trust is not something we can hold onto and draw upon in unlimited supply. There are new questions, fears, doubts, and disappointments each day. Trust must be reclaimed. Each day we must begin the journey again. The rituals of worship, prayer, devotions, meditation, singing, or journaling renew our trust and enable us to begin the journey again.

### FAMILY RITUALS

Do you have rituals in your home? Bedtime rituals? Morning rituals? Mealtime rituals? What simple, repeated word and actions can provide support and reassurance to you and your children as you move through your days?

### RITUALS OF FAITH

Teaching children to participate in the rituals of faith is our privilege and responsibility as parents. Observe your children in worship. Does your child say the Lord’s Prayer with understanding? Is it time to learn the Apostles’ Creed and talk about the words together? Share particular memories of your participation in rituals and what they mean to you.

### PRAYER

Loving God,  
Sometimes your promises seem far away.  
May water, bread, and wine,  
hymns sung and prayers said  
refresh us and keep us journeying on in faith.  
Amen.

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