

Sermon Guide – Feb. 18, 2024

Our Lenten series is entitled “what R U Up 2?” During these weeks we will use the word UP to focus our reflections.

Choked Up

We all get “choked up” about something. This is our body-mind-spirit letting us know that we’re connected and caring. Researchers have shown that empathy is an essential part of living out a vital humanity. What moves you in this world?

Bottoms Up

Yep, at one time or another, we tilt up the glass and take a big drink. This “up” phrase reminds us that a vital life includes metaphorically drinking deeply of the elixir of life. What activities quench your thirst for life? How could your passion be shared or benefit others?

Wrapped Up

To get “wrapped up” in something is to allow ourselves to be consumed, to follow a dream or a passion to its completion (or at least until something else calls our name). Is there something that you are yearning to get wrapped up in but keep putting off?

Say this to yourself and to someone else today.

“You, [name here] _____,
are a beloved Child of the Holy One,
who is already pleased just because you’re alive.”