

Lent 1 B Sunday Scriptures

- [Genesis 9:8-17](#) • [Psalm 25:1-10](#) • [1 Peter 3:18-22](#) • [Mark 1:9-15](#)

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Lent is a time of “waiting for God” (Ps 25:5), that is, for paying attention to how we are living our faith. What are we doing? not doing? being? not being? What matters to us? And how are we doing with God and with each other? So, after you have read these lessons, maybe more than once, maybe out loud, maybe in other translations, see what your heart is hearing. Jot down something of what comes up. And be daring, write your own prayer. I too will write some, but you might find out that it is rather rewarding to write your own prayers. Because it is the 1<sup>st</sup> week of Lent, and because I will be away, **I will I be meeting online this week only with those who contact me and arrange to do so.** We will return to our usual schedule next week.

### Reflection Questions:

1. Which 1-2 sentences in the readings help you to move into Lent?
2. The “reign of God” and “Good News of Jesus” are built upon the Covenant we read about in Genesis; a Covenant between “you, your descendants and with every living being with you”. Where do you see that Covenant unfolding in your life?
3. The Psalmist asks a lot of God. What are those requests about? What are yours?
4. As Jesus was tempted for 40 days in the wilderness, we begin 40 days of Lent. With what do you wrestle at this time?
5. What questions do you have about these lessons this week?
6. How do you go about lifting up your soul, and putting your trust in God? (Ps 25)
7. What is the prayer of your heart after spending time with these holy words?
8. To what is God calling you this week?

- [Genesis 9:8-17](#) The Common English Bible, adapted

8 God said to Noah and to his sons with him, 9 “I am now setting up my covenant with you, with your descendants, 10 and with every living being with you—with the birds, with the large animals, and with all the animals of the earth, leaving the ark with you. 11 I will set up my covenant with you so that never again will all life be cut off by floodwaters. There will never again be a flood to destroy the earth.”

12 God said, “This is the sign of the covenant that I am establishing between me and you and every living thing with you, on behalf of every future generation. 13 I have placed my bow in the clouds; it will be the sign of the covenant between me and the earth. 14 When I bring clouds over the earth and the bow appears in the clouds, 15 I will remember the covenant between me and you and every living being among all the creatures. Floodwaters will never again destroy all creatures. 16 The bow will be in the clouds, and upon seeing it I will remember the enduring covenant between God and every living being of all the earth’s creatures.” 17 God said to Noah, “This is the sign of the covenant that I have set up between me and all creatures on earth.”

- [Psalm 25:1-10](#) The Saint Helena Psalter (adapted)

1 To you, O God, I lift up my soul;  
my God, I put my trust in you; \* let me  
not be shamed, nor let my enemies  
gloat over me.

2 Let none who look to you be put to  
shame; \* let the betrayers be  
disappointed in their schemes.

3 Show me your ways, O God, \*  
and teach me your paths.

4 Lead me in your truth and teach me, \*  
for you are the God of my salvation;  
in you have I trusted all the day long.

5 Remember, O God, your compassion  
and love, \* for they are from everlasting.

6 Remember not the sins of my youth  
and my transgressions; \* remember me  
according to your love and for the sake  
of your goodness, O God.

7 Gracious and upright are you; \*  
therefore you teach sinners in your way.

8 You guide the humble in doing right \*  
and teach your way to the lowly.

9 All your paths are love and faithfulness  
\* for the keepers of your covenant and  
your testimonies.

10 For your Name's sake, O God, \*  
forgive my sin, for it is great.

- [1 Peter 3:18-22](#)

17-22 If it is the will of God that you should suffer it is really better to suffer unjustly than because you have deserved it. Remember that Christ the just suffered for us the unjust, to bring us to God. That meant the death of his body, but he came to life again in the spirit. It was in the spirit that he went and preached to the imprisoned souls of those who had been disobedient in the days of Noah—the days of God's great patience during the period of the building of the ark, in which eventually only eight souls were saved in the flood. And I cannot help pointing out what a perfect illustration this is of the way you have been admitted to the safety of the Christian "ark" by baptism, which means, of course, far more than the mere washing of a dirty body: it means the ability to face God with a clear conscience. For there is in every true baptism the virtue of Christ's rising from the dead. And he has now entered Heaven and is at God's right hand, with all angels, authorities and powers subservient to him.

- [Mark 1:9-15](#)

9 Y sucedió en aquellos días que Jesús vino de Nazaret de Galilea, y fue bautizado por Juan en el Jordán. 10 E inmediatamente, al salir del agua, vio que los cielos se abrían, y que el Espíritu como paloma descendía sobre Él; 11 y vino una voz de los cielos, que decía: Tú eres mi Hijo amado, en ti me he complacido. 12 Enseguida el Espíritu le impulsó a ir al desierto. 13 Y estuvo en el desierto cuarenta días, siendo tentado por Satanás; y estaba entre las fieras, y los ángeles le servían. 14 Después que Juan había sido encarcelado, Jesús vino a Galilea proclamando el evangelio de Dios, 15 y diciendo: El tiempo se ha cumplido y el reino de Dios se ha acercado; arrepentíos y creed en el evangelio.

