

IN THE FOOTSTEPS OF JESUS: BAPTISM AND TEMPTATION AT THE JORDAN RIVER AND IN THE WILDERNESS



SCRIPTURE AND REFLECTION

The scripture for this week is Mark 1:9-13.

**The Baptism of Jesus**

9 In those days Jesus came from Nazareth of Galilee and was baptized by John in the Jordan. 10 And just as he was coming up out of the water, he saw the heavens torn apart and the Spirit descending like a dove on him. 11 And a voice came from heaven, "You are my Son, the Beloved; with you I am well pleased."

**The Temptation of Jesus**

12 And the Spirit immediately drove him out into the wilderness. 13 He was in the wilderness forty days, tempted by Satan; and he was with the wild beasts; and the angels waited on him.

REFLECTION

- Reflect on the baptism: What can you see? What remains out of focus at the Jordan River? Can you hear the voice of God speaking by the river? In silence of your day, can you hear or see the Lord in your own life?
- Consider what it means to love and to be loved. Are we living, working, sacrificing, sharing, and praying for creative minds and open hearts to create God's Beloved Community?

ACTIVITIES

Walking Meditation- [Use Your Rock](#)

- Grab your rock from your Lenten Kit. Hold it in your palm during the mediation.
- Start your meditative walk by silently reading Mark 1:9-13.
- Read the passage a second time aloud or by listening to it on Bible Gateway or another Bible app.
- Consider more closely verse 11: And a voice came from heaven, "You are my Son, the Beloved; with you I am well pleased."
- Start your walk and focus for two minutes on the words, "You are my Son." Paint a picture in your mind of Mark's description of the Holy Spirit descending upon Jesus. What can you see? What remains out of focus at the Jordan River? Can you hear the voice of God speaking by the river? In silence of your day, can you hear or see the Lord in your own life?
- For the next two minutes, consider the words, "my Beloved." What a wonderful feeling it is to be loved! Consider what it means to love and to be loved. Consider what Congressman John Lewis described as the "Beloved Community." Are we living, working, sacrificing, sharing, and praying for creative minds and open hearts to create God's Beloved Community?
- For the final three minutes of your walk, repeat the words to yourself, "with you I am well pleased." God loved his Son. God sent his Son for the sake of humankind. Consider how all of us are created in the image of God. Breathe in and fill your body with fresh air and repeat God's words to his Son: with you I am well pleased.
- End your walk with a prayer focusing on this passage.

#### Seated Meditation- Use Your Rock

- Consider opening a window to get some fresh air during this mediation.
- Grab your rock from your Lenten Kit. Hold it in your palm during the mediation.
- Start your mediation by silently reading Mark 1:9-13.
- Read the passage a second time aloud or by listening to it on Bible Gateway or another Bible app.
- Consider more closely verse 11: And a voice came from heaven, "You are my Son, the Beloved; with you I am well pleased."
- Breathe deeply in and out and focus for two minutes on the words, "You are my Son." Paint a picture in your mind of Mark's description of the Holy Spirit descending upon Jesus. What can you see? What remains out of focus at the Jordan River? Can you hear the voice of God speaking by the river? In silence of your day, can you hear or see the Lord in your own life?

- For the next two minutes, consider the words, “my Beloved.” What a wonderful feeling it is to be loved! Consider what it means to love and to be loved. Consider what Congressman John Lewis described as the “Beloved Community.” Are we living, working, sacrificing, sharing, and praying for creative minds and open hearts to create God’s Beloved Community?
- For the final three minutes, repeat the words to yourself, “with you I am well pleased.” God loved his Son. God sent his Son for the sake of humankind. Consider how all of us are created in the image of God. Breathe in and fill your body with air and repeat God’s words to his Son: with you I am well pleased.
- End with a prayer focusing on this passage.

#### Paint Your Rock- Use Your Rock

- Tell the story of your baptism (or ask a family member to tell you the story of your own baptism)
- After that, paint/write/draw the date of your baptism on the rock
- Draw any piece of your baptism that will help you remember the story.

#### WRITE POST CARD

Write to someone in our congregation who is 0-12 years old in our congregation. You can search anyone in our online Breeze directory for their age. **Tell them they are Beloved and draw a picture of the scripture this week.**