

# Minster Bethel Congregational Church (MBCC)

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21/02/2021 -- Lent

## Stop, Look, Listen



Today is our fortnightly zoom  
"Church & Chat"

A short church reflection with a hymn, reading, (children's activity), prayer, "thought for the week" and then a time to chat.

If you need help to join please ask any deacon

All lockdown services can be found at: [www.mbccs.co.uk](http://www.mbccs.co.uk)

but whoever listens to me will live in safety and be at ease, without fear of harm.

Proverbs 1v33

## Good morning and welcome to this week's thoughts.

Our hymn for today "Take Time to be Holy"

[Take time to be holy - YouTube](#)

Take time to be holy, speak oft with thy Lord;  
Abide in Him always, and feed on His Word.  
Make friends of God's children, help those who are weak,  
Forgetting in nothing His blessing to seek.

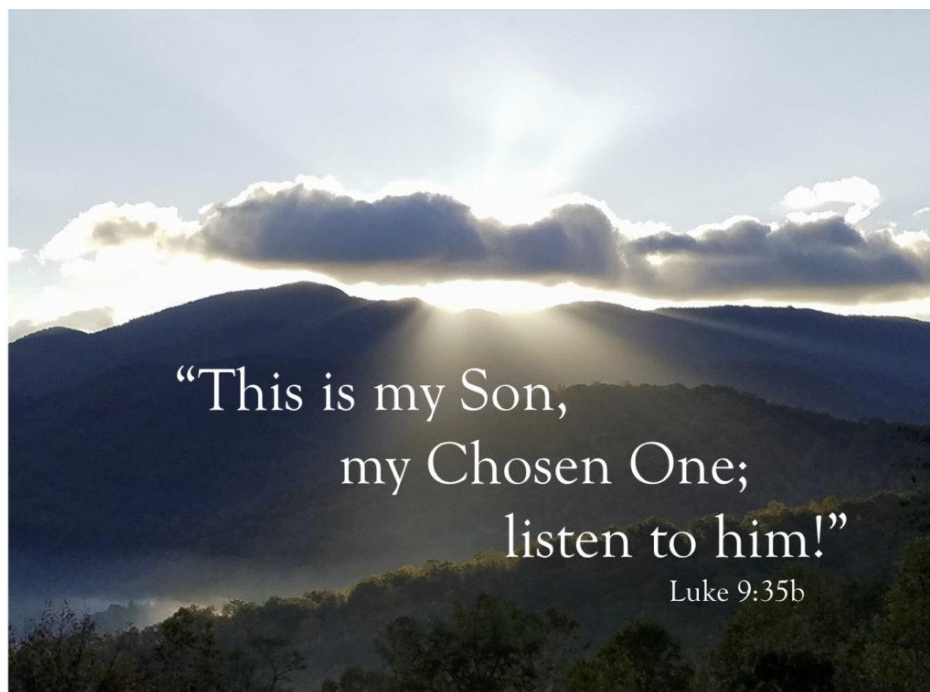
Take time to be holy, the world rushes on;  
Spend much time in secret, with Jesus alone.  
By looking to Jesus, like Him thou shalt be;  
Thy friends in thy conduct His likeness shall see.

Take time to be holy, let Him be thy Guide;  
And run not before Him, whatever betide.  
In joy or in sorrow, still follow the Lord,  
And, looking to Jesus, still trust in His Word.

Take time to be holy, be calm in thy soul,  
Each thought and each motive beneath His control.  
Thus led by His Spirit to fountains of love,  
Thou soon shalt be fitted for service above.

## The reading today is Luke 9:28-36

[Luke 9:28-36 NIVUK - The transfiguration - About eight days - Bible Gateway](#)



## Stop, Look and Listen to God

We often start Lent thinking about the time Jesus spent 40 days and night in the wilderness at the start of his ministry but today our reading, known as the "The Transfiguration" is where we start our lent journey.

As we think about lent and wonder what its all about it seems strange that we often start at the beginning of Christs ministry and 40 days in the wilderness and then we end with Christ on the cross and rising 3 days later. If we merely look at **this**, we miss all the rich learning Jesus brings to us through his years of ministry, miracles, stories, actions, love and forgiveness.

So this year as we think about Lent and focus on Easter 40 days away lets use this time to Stop, Look and Listen. A time for reflection.

In our reading the voice said

'This is my Son, whom I have chosen; listen to him.'

I was interviewing this week and one of the candidates in their presentation said in the first 3 months they would have:

- Big eyes



- Big ears



- Little Mouth



This is a great reminder about what lent is all about. It's a time to Stop, Look and Listen.

When I was younger there was a road safety campaign called Stop, Look, Listen.



When crossing a street to get to where we want to go, we were reminded to Stop, Look and Listen before crossing. The season of Lent (a time of prayer and self-examination) is about taking time to Stop, Look and Listen on our life's' journey.

In about 40 days we will be celebrating Easter. That's the time we celebrate Jesus being raised from the dead. We know this 40 day preparation period as the time of Lent. It's a special season of prayer where we take a look at our own lives and make sure we are doing what God wants us to do and becoming the people God wants us to be.

Now, imagine we are going out for our church picnic at the beach. We leave our church run down the path and there in front of us is the road, a very busy road. We don't just run across and get hit by a car we stop, ensuring we are safe it reminds us that we need to think about what we are doing and where we are going, do we need to cross the road? Are we on the right track? Are we doing the right thing? Yes, to get to the beach we do need to cross the road. So next we look to see if there are any cars coming. We look to see if there is anything that is going to harm us as we make this journey, and when we see it is clear we listen, just in case we cannot see harm. When we can see the route is clear and safe then we step out onward with our journey across the road and toward the beach.

We took time to STOP, LOOK and LISTEN. It looks safe so now we can cross.  
Great!

What we have just done is very important. If we are going to keep safe while going to all the exciting places we want to go to, we need to STOP, LOOK and LISTEN before crossing streets.

In life it is important to do the same thing. We get so busy and we are often in a rush. It's very important that we take time to STOP, to LOOK around and think about what we are doing. Are we doing what God wants us to do? Are we becoming the sort of person that God wants us to be? And we need to LISTEN to God, by reading the Bible and taking time to pray. This season of Lent is a great time to do just that. If we do take time to STOP, LOOK and LISTEN we can make sure our lives are lined up with God, that we are safe and that we will enjoy all the wonderful adventures that God has for us.

## Today's Pray:

Dear God. Help us always remember to take time to STOP, LOOK and LISTEN when we are crossing a street. Help us also to STOP, LOOK and LISTEN especially during this time of Lent. Amen

