

AUDIO RETREAT

Lenten Landscapes 2023

Week Three | The mountain of God



What do the mountains in your life look like? How near (or far) are they?

Here is a view of Mount Fuji in by the Japanese artist Hokusai. Fuji is in the distance, and the people we can see are climbing a different hill. Where in this picture are you?

You can find all of the woodcuts here:

https://en.wikipedia.org/wiki/Thirty-six_Views_of_Mount_Fuji. You might like to consider which one represents your own situation, with respect the mountains in your life at the moment.

If you go out and about this week, notice where you are. Where is the high ground? Are you going uphill or down? What changes do you observe? Are these internal (eg heart rate) or external (eg the view, or the feeling of the breeze). Where do you feel most comfortable – and why?

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Engage with Scripture:

Some of the Scripture passages mentioned in the audio are below. You might like to choose one which particularly resonates with you and spend some time dwelling on them. How does it relate to your current situation?

Genesis 22: 1-14 – The sacrifice of Isaac

Exodus 24: 12 – 18 and 34:29 – Moses on Sinai

Judges 11: 37 – 39 – Jephthah's daughter (if you are unfamiliar with the story of Jephthah's daughter then you might like to read from the start of chapter 11)

1 Kings 19: 11 - 13 – Elijah on Horeb

Psalms 121: 1

Psalms 125: 1-2

Matthew 5: 1-2 – the beginning of the Sermon on the Mount

Mark 9: 2 - 8 – the Transfiguration

Picture credits:

Inume Pass, Koshu by Hokusai

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Montagne Saint-Victoire by Paul Cézanne - FgH8RRkGP4EUfg at Google Cultural Institute

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