

The Journey of Lent

Historically, there are many different expressions that are connected with the Lenten season. At its core, Lent is a time for reflection and identification with the sacrificial way that Jesus lived as He set his eyes upon the cross.

As a church we have been invited into intentional practices that wholistic engagement of our mind, body, spirit and connection to community in ways which allow us to experience the presence of God more fully in each part of our lives.



The following pages provide practical handholds for you and your family to be fully present to God, to each other, and our purpose as we walk toward the cross and the resurrection on Easter.

Engaging in each of these at some point from now until Easter will allow for you to bring your whole self in the season of Lent as participants in the story of the gospel.





Body

Our bodies are an active part of our spiritual journey; our actions reveal much about our walk with Jesus and have broad impact in each aspect of our lives. Consider what you might be holding onto that is holding you back.

GIVE SOMETHING UP:

Pick a period of time to fast from food/social media/entertainment in order to connect with God.

GIVE SOMETHING AWAY:

Contribute items/resources to local organizations who help our community.

The Examen

Prepare your heart and mind - Be fully present. Ask God to help you sense the presence of Holy Spirit.

Review the day with gratitude - Think back through the events of your day, noting the joys, delights, and people you interacted with. Thank God for these experiences.

Pay attention to your emotions - Take note of the times today you felt something emotionally. What might God be telling you or inviting you into through your feelings?

Select a part of your day to pray over - What one part of your day stands out most to you? Whether positive or negative, lift up a prayer of gratitude, intercession, and/or repentance.

Pray for tomorrow - Ask God to guide you through tomorrow's challenges. Turn your anxieties over to God and pray for hope. Ask him to help you be aware of his presence through the day.



Mind

What we think about and focus on has implications that reach across every area of our lives. By reading or speaking life, we honor the invitation to the way of Jesus and *renew our minds*.

READ A GOSPEL:

Pick one of the four gospels (Matthew, Mark, Luke or John) and slowly read through it during the Lenten season.

GRATITUDE:

With gratefulness, take time to reflect upon the willingness of Jesus to die on the cross for the sins of the world.





Spirit

As the seat of our souls, our spirit connects us to God in a unique and everlasting way. To sit in unison with our brothers and sisters in prayer aligns our spirits with that of God's.

PRAYER:

Commit to regularly pausing to pray for the world, our nation, our community, our church and your family/friends.

LAMENT:

Take a moment to 'mourn with those who mourn' and lament the brokenness of our world.

A Meditative Prayer

Sit in the silence meditating and reflecting on what it means for you.

Psalm 46:10

"Be still and know that I am God."



Communal

We are made to do life with one another in healthy and life giving ways. Throughout the Scriptures, we are reminded that we are part of *one another* -- able to bring life to others even as we experience the life of Jesus for ourselves. By participating together, we're reminded that we belong to God and to each other.

VOLUNTEER:

Look for a worthy cause in our community and offer to donate your time and giftedness.

ENCOURAGE:

Pick a different person to encourage each day during this Lenten season.

