

Journey Through Lent 2021

Study Guide Week 1

Including the readings from Feb. 17 to Saturday Feb 27

Centering

Light a candle, the Light of Christ.
Take a moment in silence. Breathe.
Begin with a Prayer

Pray:

*God of the Journey,
Thank you for this time.
Open me up to the movement of your Spirit.
In this time of reading scripture
Help me to notice your voice and follow the way of Christ. Amen.*

Explore:

Throughout the week, read the scripture passage for each day.

Read the daily reflection.

What do you notice: what word(s) or image from the passage catch your attention? How does it speak to your life today?

Here are some additional questions for exploration at the end of Week 1

Feb.17: Margaret Suepaul comments, “I want to bolt through this time just to get to Eastertime. But only in slowing down can I channel my thoughts.” How are you marking this season of Lent? Do you feel the need to slow down? In what ways?

Feb. 23: Cathy Shaw writes about discipleship and God calling our names. Name some people from your life who have set examples of listening to the one who “knows you by name.” How did they do this for you?

Feb. 24: Jesus' teaches: "Love your enemies. Do good to those who hate you." Do you find loving others in the way that God loves us difficult? What makes it difficult? In what ways might you grow in love of God and neighbour?

Write down a word or a phrase that has arisen through this time of reflection.

End with a moment of silence, giving thanks to God.

Close your time with the Lord's Prayer.

*O God, whose love makes us one family,
May your unspeakable name be revered.
Now, here on earth, may your dreams come true.
Give us today our bread for today.
Forgive us our wrongs as we forgive.
Lead us away from the perilous trial.
Liberate us from the evil.
For the kingdom is yours and yours alone.
The power is yours and yours alone,
the glory is yours and yours alone,
Now and forever, amen.*

(Prayer from "We Make the Road by Walking" by Brian McLaren)

