

Journey Through Lent 2021

Group Study Guide Week 3

Including the readings from March 8 to March 13

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 3

How do you make time for God/Jesus/Spirit?

What spiritual practices sustain you? What difference do these practices make in your life?

- Helen Bowman encourages making time for God/Jesus each and every day. “We can even have a chat with God while we do the dishes.”
- Joanne MacPherson comments on perseverance in prayer.
- Sarah Baker writes about using our resources to help whenever we have the ability to do so.
- Michael Molnar reflects on the challenges of worrying and the practice of trusting God.

- Mary Shepherd talks about both listening and responding to the “nudge on our hearts”

Of the readings this week, which one presents the biggest area of growth for you i.e. praying, making time for God each day, trust and not worrying, sharing resources, or listening and acting on the “nudge on our hearts?”

What would you share with someone about what you have learned from following Jesus? What have you learned from your experiences about God and God’s ways?

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.

Speak these words aloud pausing after each line:

*Every time I seek, I am found;
every time I speak, I am heard;
every time I breathe, I am breathed;
every time I touch, I am known;
every time I move, I am moved;
every time I love, I am loved.
Every time I know God, I am alive. Amen. (From Go Deeper by Dorris E. Kezina)*

End by saying The Lord’s Prayer