LENT 2019

**Learn**
Reflect on Scripture each day, especially on Jesus’ life & teachings

**Pray**
Dwell intentionally with God each day

**Rest**
Receive the gift of God’s grace, peace, & restoration

**Worship**
Gather in community weekly to thank, praise, & dwell with God

**Turn**
Pause, listen, & choose to follow Jesus

**Go**
Cross boundaries, listen deeply, & live like Jesus

**Bless**
Share faith & unselfishly give and serve

THE WAY OF LOVE
Practices for Jesus-Centered Life

AT HOME ACTIVITY

ADAPTED BY THE REV. MEREDITH H. CRIGLER
LENT 2019
AT HOME ACTIVITY

JOIN US THIS LENT IN:

THE WAY OF LOVE
Practices for Jesus-Centered Life

AS WE TURN, LEARN, PRAY, BLESS, GO AND WORSHIP.

DURING ASH WEDNESDAY, MAUNDY THURSDAY, GOOD FRIDAY, HOLY SATURDAY, AND EACH SUNDAY YOU ARE INVITED TO WORSHIP FULLY.

ON ALL THE OTHER DAYS YOU ARE INVITED TO CHOOSE TO TURN, LEARN, PRAY, BLESS, GO OR REST.

EACH DAY ADD TO THE LENTEN CHAIN. YOU ARE INVITED TO USE YOUR LENTEN CHAIN AS A REMINDER THROUGHOUT EASTERTIDE.

NEED MORE RESOURCES TO SHARE WITH OTHERS? WE'D BE HAPPY TO SUPPLY YOU WITH MORE.
TURN TALK ABOUT/TEACH & PRAY TOGETHER THE CONFESSION

MOST MERCIFUL GOD, WE CONFESSION THAT WE HAVE SINNED AGAINST YOU IN THOUGHT, WORD AND DEED, BY WHAT WE HAVE DONE, AND BY WHAT WE HAVE LEFT UNDONE. WE HAVE NOT LOVED YOU WITH OUR WHOLE HEART; WE HAVE NOT LOVED OUR NEIGHBORS AS OURSELVES. WE ARE TRULY SORRY AND WE HUMBLY REPENT. FOR THE SAKE OF YOUR SON JESUS CHRIST, HAVE MERCY ON US AND FORGIVE US; THAT WE MAY DELIGHT IN YOUR WILL AND WALK IN YOUR WAYS, TO THE GLORY OF YOUR NAME. AMEN

TURN DECLUTTER A SPACE

SOMETIMES WE DO NOT ALWAYS NEED ALL THAT SURROUNDS US. THE CLUTTER CAN EVEN CLUTTER OUR SPIRIT. PICK A SPOT OR SUBJECT TO DECLUTTER. WHAT MIGHT BE DONATED? HOW MIGHT YOU LIVE MORE FREELY?

TURN RECYCLE

TALK/TEACH ONE ANOTHER ABOUT THE IMPORTANCE OF RECYCLING AND CARING FOR OUR PLANET BETTER THAN WE DO.

TURN APOLOGIZE

WHAT HAVE YOUR RECENTLY DONE THAT MAY HAVE HURT ANOTHER? WRITE/CALL/DRAW AND CONFESSION TO THAT OTHER THAN YOU WRONGED THEM.

TURN RACISM

TALK/TEACH AND CONNECT TOGETHER ABOUT THE SIN OF RACISM AND HOW IT STILL REARS ITS HEAD TODAY. HOW HAVE YOU OR YOUR FAMILY BENEFITED FROM THE SUFFERING OF OTHERS?

TURN PRAY

PRAYER A PRAYER OF CONFESSION FROM YOUR HEART.
LEARN:
LUKE 2
READ, TELL & RETELL THE BIBLICAL STORY TOGETHER
WHAT PART OF THE STORY DO YOU LIKE THE BEST? WHAT SURPRISED YOU? WHERE ARE YOU IN THE STORY? WHERE DO YOU SEE THIS HAPPENING TODAY?

LEARN:
LUKE 10: 30-37
READ, TELL & RETELL THE BIBLICAL STORY TOGETHER
WHAT PART OF THE STORY DO YOU LIKE THE BEST? WHAT SURPRISED YOU? WHERE ARE YOU IN THE STORY? WHERE DO YOU SEE THIS HAPPENING TODAY?

LEARN:
JOHN 10: 1-18
READ, TELL & RETELL THE BIBLICAL STORY TOGETHER
WHAT PART OF THE STORY DO YOU LIKE THE BEST? WHAT SURPRISED YOU? WHERE ARE YOU IN THE STORY? WHERE DO YOU SEE THIS HAPPENING TODAY?

LEARN:
LUKE 11
READ, TELL & RETELL THE BIBLICAL STORY TOGETHER
WHAT PART OF THE STORY DO YOU LIKE THE BEST? WHAT SURPRISED YOU? WHERE ARE YOU IN THE STORY? WHERE DO YOU SEE THIS HAPPENING TODAY?

LEARN:
LUKE 8
READ, TELL & RETELL THE BIBLICAL STORY TOGETHER
WHAT PART OF THE STORY DO YOU LIKE THE BEST? WHAT SURPRISED YOU? WHERE ARE YOU IN THE STORY? WHERE DO YOU SEE THIS HAPPENING TODAY?

LEARN:
ACTS 1
READ, TELL & RETELL THE BIBLICAL STORY TOGETHER
WHAT PART OF THE STORY DO YOU LIKE THE BEST? WHAT SURPRISED YOU? WHERE ARE YOU IN THE STORY? WHERE DO YOU SEE THIS HAPPENING TODAY?
PRAY TALK ABOUT/TEACH & PRAY TOGETHER THE LORD'S PRAYER


PRAY PRAY TOGETHER USING THE FIVE-FINGER PRAYER

- Thumb (People who are close to you/family and friends)
- Pointer (People who point the way/leaders in your life)
- Tall Finger (People in authority in the world)
- Ring Finger (People who are sick, weak, in poverty, and treated badly)
- Little Finger (Your own needs)

PRAY SAY GRACE TOGETHER BEFORE EACH MEAL

GRACE IS A PRAYER OF THANKSGIVING. WHAT ARE YOU THANKFUL FOR TODAY? WHERE IS THERE GRACE IN YOUR LIFE? PERHAPS THIS IS A TIME TO TRY A NEW FORM OR LEARN A NEW GRACE?

PRAY CREATE A PRAYER SPACE

SET ASIDE A PLACE TO BE A PLACE OF PRAYER. PERHAPS IT IS A TABLE, A MANTEL, A SHELF, A CORNER, OR EVEN A MOVABLE BOX. PUT BOOKS, A CROSS, OR ANOTHER OBJECT OF MEANING THERE TO ENCOURAGE ONE ANOTHER TO GO TO THAT PLACE TO PRAY. (YES, LIKE STATIONS AT SCHOOL, CREATE A PRAYER STATION IN THE HOME)

PRAY BREATH PRAYER

STILLNESS AND QUIET CAN BE HEALING AND A POWERFUL WAY TO CENTER ON GOD. EVEN YOUNG CHILDREN CAN BE INTRODUCED TO MINDFUL PRAYER. SIT TOGETHER ON THE FLOOR AWAY FROM DISTRACTIONS AND BREATHE IN THE LOVE OF GOD AND BREATHE OUT OUR LOVE FOR GOD. THERE ARE MANY VARIATIONS ON THIS YOU COULD TRY.

PRAY CANDLE

LIGHT A CANDLE AND PRAY FOR THE INTENTIONS OF YOUR HEART.
BLESS

ACT OF GIVING

INVOLVE ONE ANOTHER IN THE FAMILY GIVING PROCESS. DOES EVERYONE KNOW TO WHOM WE GIVE? TALK ABOUT AND DECIDE TOGETHER A SMALL GIFT TO GIVE.

FOOD STEWARDSHIP

GO THROUGH YOUR PANTRY. WHAT IS GOOD AND IN DATE THAT ISN’T BEING USED? DONATE IT TO THE FOOD PANTRY. AND/OR PICK OUT SOMETHING THAT YOU ENJOY THAT IS NON-PERISHABLE AT THE GROCERY STORE AND ADD THAT TO THE CART FOR THE FOOD PANTRY.

RANDOM NOTE OF KINDNESS

DRAW/WRITE/CREATE A SHORT SIMPLE NOTE OR DRAWING AND LEAVE IT IN A RANDOM PUBLIC PLACE FOR AN INDIVIDUAL YOU DO NOT KNOW IN ORDER TO BLESS THEIR DAY. PERHAPS YOU GIVE IT TO SOMEONE IN THE DRIVE THROUGH LINE, OR TO SOMEONE WHO Cleans THE SCHOOL, OR THE CHECKER AT THE GROCERY STORE-- YOU DECIDE!

FINANCIAL STEWARDSHIP

TAKE SOME TIME AND TALK TOGETHER ABOUT THE IMPORTANCE OF STEWARDING THE FINANCIAL RESOURCES WE ARE GIVEN BY GOD IN ORDER TO BLESS THE WORLD. HOW ARE WE MINDFUL ABOUT WHAT WE SPEND, HOW WE SAVE AND WHEN WE GIVE?

FASTING WITH A PURPOSE

SET ASIDE THE USUAL AMOUNT OF MONEY THAT YOU WOULD USE FOR SOMETHING FUN (COFFEE/MEAL/ICECREAM/MOVIE/YOU PICK) AND INSTEAD OF DOING THAT, FAST FROM THAT AND USE THOSE FUNDS TO BLESS ANOTHER IN AN ACT OF KINDNESS.

OFFERING A BLESSING

LAY YOUR HANDS ON ONE ANOTHER AND OFFER UP TO GOD A BLESSING FOR THAT PERSON
GO PRAY

PRAY FOR THE WIDER WORLD

GO

ACT OF SERVICE

DO AN ACT TOGETHER THAT BLESSES ANOTHER. TAKE SOMEONE A MEAL, VISIT THE NURSING HOME, DO SOME SMALL CHORE, WORK IN THE GARDEN OR WHATEVER YOU ALL MAY DECIDE TOGETHER

GO

REACH OUT TO A LOVED ONE

IS THERE SOMEONE IN YOUR CIRCLES THAT HAS HAD A ROUGH GO RECENTLY? PERHAPS THEY ARE SICK OR MOURNING OR STRUGGLING. CALL THEM, INVITE THEM OUT, BRING THEM A MEAL, SEND THEM A NOTE—PICK SOMETHING TO DO TOGETHER TO HELP THAT PERSON KNOW THAT THEY ARE LOVED.

GO

WALK THE NEIGHBORHOOD

TAKE A WALK AROUND YOUR NEIGHBORHOOD TOGETHER. WHERE DO YOU SEE GOD AT WORK? WHERE DO YOU SEE SIGNS OF BROKENNESS? WHAT MIGHT JESUS BE CALLING YOU TO DO?

GO

INVITE

INVITE A FRIEND OR FAMILY MEMBER TO COME TO CHURCH WITH YOU.

GO

SHARING LOVE

SOMETIMES WE LOVE WITH OUR ACTIONS AND SOMETIMES WITH OUR WORDS. THINK TOGETHER ABOUT SOMEONE (SAFE) AND SHARE WITH THEM ABOUT YOUR LOVE FOR JESUS AND HOW JESUS LOVES THEM TOO. CAN’T THINK OF SOMEONE? TRY SOMEONE AT CHURCH—IT’S GREAT PRACTICE.
REST SABBATH BASKET
GET A BASKET OR BOX OR PLACE THAT IS IN A WELL-TRAVELED AREA OF YOUR HOME. PICK A TIME OF THE WEEK (AFTER DINNER, A MORNING, ETC). AND INVITE EVERYONE TO PUT ALL THE THINGS YOU DON’T NEED IN ORDER TO OBSERVE A TIME OF REST IN THE BASKET (MAYBE ELECTRONICS, WALLETS, HOMEWORK, ETC). TAKE IT ALL BACK OUT AT AN AGREED UPON TIME.

REST
LAYING ASIDE ALL THE TASKS OF THE DAY, CHOOSE AN AMOUNT OF TIME TO ALL SIT DOWN TOGETHER (OR ON THEIR OWN) AND SIMPLY READ FOR DELIGHT.

REST
GO FOR A WALK/BIKE RIDE
GO FOR A WALK/BIKE RIDE TOGETHER AND DURING IT DO NOT TALK ABOUT WORK OR SCHOOL OR CHORES. JUST BE.

REST
CALL
CALL SOMEONE ON THE PHONE JUST TO CHAT.

REST
SLEEP WELL
TAKE A NAP, OR GO TO BED EARLIER. DO ALL THAT YOU CAN TO SLEEP WELL TODAY.

REST
LAUGH
PLAY A FUNNY GAME, WATCH A FUNNY MOVIE-- DO SOMETHING ON YOUR OWN OR TOGETHER THAT ENCOURAGES YOU TO LAUGH.
ASH WEDNESDAY

Seek out the imposition of ashes and commit the observance of a holy lent

MAUNDY THURSDAY

Worship, remember Christ at every meal, serve, love one another as Christ has loved us.

GOOD FRIDAY

Worship. Meditate on the cross. Walk the stations of the cross.

HOLY SATURDAY

Wait. Worship. Prepare for Easter
LENT 1
WORSHIP FULLY

LENT 2
WORSHIP FULLY

LENT 3
WORSHIP FULLY

LENT 4
WORSHIP FULLY

LENT 5
WORSHIP FULLY

PALM SUNDAY
WORSHIP FULLY