

Instructions for using this booklet

Our worship series for Lent is entitled “Listen.” In worship across these weeks, we will learn and experience contemplative practices that our faith ancestors have developed for us. I have also curated a variety of resources for you to use during the week, if you so choose.

What follows are six sections filled with Scripture and readings from a variety of sources¹. You’ll find a reading for each day of Lent, plus a word of poetry or wisdom. I encourage you to take your time with the reading – get into a comfortable space, light a candle, practice slow breathing. Read, reflect, meditate, and listen to the text and the spaces in between.

If you are someone who likes to journal, there’s space on each page for you to do so. You’ll notice that each week is headed with a black and white mandala. If you are someone who likes having something to *do* while you contemplate, read your verse for the day, then turn to the coloring page and color as you contemplate.

In whatever ways you find meaning, may your Lenten journey be blessed by the company of the indwelling Holy Spirit of God.

-Pastor Sharon

Invitation to the Observance of Lenten Discipline *From The United Methodist Book of Worship*

Brothers and sisters in Christ:

The early Christians observed with great devotion the days of our Lord’s passion and resurrection, and it became the custom of the Church that before the Easter celebration there should be a forty-day season of spiritual preparation.

During this season, converts to the faith were prepared for Holy Baptism.

It was also a time when persons who had committed serious sins and had separated themselves from the community of faith were reconciled by penitence and forgiveness, and restored to participation in the life of the Church.

In this way the whole congregation was reminded of the mercy and forgiveness proclaimed in the gospel of Jesus Christ and the need we all have to renew our faith.

¹ Every quote from non-Scriptural sources is in its original text. Where authors used exclusively masculine terms, I have chosen not alter their words to be gender-inclusive.