

First Week of Lent: February 21-27

INTRODUCTION

Find a comfortable space where you will not be disturbed. Close your eyes and begin to breathe deeply, taking a moment to set aside any distractions. Ask the Holy Spirit to show you things from the past day: the people you met, the work you did, and the conversations you had. Pay attention to any strong feelings or emotions, both positive and negative, as we reflect.

REFLECT

See below for the daily reflection.

1. **GIVE THANKS** - Think of the blessings in your life over the past day. Who did you interact with? What did you receive from these people? What did you share with them? Rest in this spirit of gratitude, let it fill your heart. Thank God for these blessings.
2. **REFLECT ON THE DAY** - Ask the Holy Spirit to show you what went well during your day. Where did you find connection with others? Listen. What didn't go well? Where did you disconnect from others? Listen. Ask the Holy Spirit to help you be aware of what needs attention.
3. **FIND GOD** - Where did you see God in your day? God's presence can feel like a warm embrace or a deep sense of knowing.
4. **WHERE IS GOD CALLING ME TO GO** - Ask God to shed light on the challenges tomorrow will bring. Listen. Ask for wisdom and protection.

PRAYER

See below for the daily prayer.



February 21

REFLECT

When we first enter into the desert with Jesus, we are struck by the starkness of the barren landscape. We are vulnerable to the elements, seeking shelter to survive. There is nowhere to hide. How can I pay attention to the variety of life and much needed calm found in the desert?

PRAYER

Loving God, help me to remain calm in the uncomfortable starkness of the desert.

February 22

REFLECT

We have a strong urge to resist change and prefer what is comfortable so we can know what to expect. God is calling you deeper into a relationship which will lead to a transformation of yourself. Will you follow God's call?

PRAYER

Loving God, soften my heart and tune my ear to hear your voice.

February 23

REFLECT

We are bombarded by voices and have become lost in trusting the voice of the world over the voice of God. It can be difficult to discern, but the voice of the world divides and destroys. The voice of God is love, calling us to care for one another and to build one another up. When you listen with your heart, whose voice is loudest?

PRAYER

Loving God, let your voice fill my heart as I rest deep in your peace.

February 24

REFLECT

In the desert, Jesus was tempted to change stones into bread to appease his human tendency for hunger. This would be a misuse of practical everyday power for purposes less than God's purpose. In what ways are you tempted to take the easy way out to appease your human desires?

PRAYER

Loving God, let me not grow weary in the work you lay before me.

February 25

REFLECT

In the desert, Jesus was tempted to jump from the top of the Temple and let the angels break his fall. This would be a misuse of religious power for purposes less than God's purpose. In what ways are Scripture or religion being misused today?

PRAYER

Loving God, remind me that your Word is living in my heart.

February 26

REFLECT

In the desert, Jesus was tempted to jump from the high mountain to assume leadership by force of all the kingdoms of the world. This would be a misuse of political power for purposes less than God's purpose. In what ways are leadership and politics being misused today?

PRAYER

Loving God, call to me with your voice of encouragement and hope.

February 27

REFLECT

We begin to recognize that our success, possessions, and accomplishments don't ultimately count for much in the desert. What are your temptations? What do you believe is success? What is attractive to you about the temptations in the desert?

PRAYER

Loving God, open my eyes to the suffering around me and move me to help be the change.