

Spiritual Practices for Lent

Click the orange links to view a "how to" document for each practice.

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| Relationship with God | <p><u>Hanging Out With Jesus</u> Do you see Jesus as a friend? Is Jesus inviting you to grow in relationship with the people around you? This imaginative prayer will help you see your home, school, church, and neighborhood through Jesus' eyes. Where would Jesus go, and who would he talk to? Then, how will you be changed by that experience--will you hang out like Jesus?</p> |
| God's Story | <p><u>Lectio Divina</u> Do you want to encounter God in what you read in the Bible? Lectio divina, or "divine reading," teaches us a different posture of approaching scripture to hear how God is speaking to us now through ancient words. With a short passage of scripture you will read, meditate, pray, and rest in the word God is speaking out to you today. Click <u>here</u> for an expanded list of scriptures.</p> |
| Awareness of God | <p><u>Breath Prayer</u> Have you wondered how to stay connected with God through the busyness of your day? Breath prayers are short phrases you pause to say as you inhale and exhale whenever you remember in your daily rhythm.</p> |
| Focusing Intentions | <p><u>Examen</u> Do you ever wonder where your time goes, or how your week passes so quickly? Examen is an ancient practice of noticing God in our rhythms of life. You will reflect on what brings you joy, sadness, gratitude, or regret each day. You can practice the examen daily, weekly, or on your own schedule.</p> <p><u>Fasting</u> Does your life ever feel too full to spend time with God? In the history of the church, people have lived the season of Lent as a time of giving up, or fasting. You will choose one thing in your life to give up for 40 days so that you can spend time growing with God in your faith, relationships, or any area of life.</p> |
| Fixed Hour Prayer | <p><u>Daily Office</u> Are you desiring a deeper prayer life with God? One way to grow is by praying the Daily Office, or fixed time prayers. Praying at the same time each day, and in the same way, helps us build consistency in our practice and relationship with God. Historically, some Christians have prayed at 7 set hours each day. This link is to Common Prayer, a daily office focused on social justice and God's call for us to engage the world through prayer and action.</p> |
| Holy Friendships | <p><u>Smartphone Prayers</u> Our phones don't always get in the way of our connection with God! This activity will help you pray for the people in your life and around the world using the connection of the internet. Your texts, social media, and web browser are all you need to bring your daily life to God in prayer. How will God inspire you to take action and serve your community based on what you see?</p> |
| Slowing Down and Going Deeper | <p><u>Centering Prayer</u> When you pray, do you ever struggle with knowing what to say? In centering prayer, you and God speak the same language to each other: silence. The goal of this prayer is to simply be present with God. This prayer probably won't make you feel anything magical while you're doing it, but it might cause you to see the world just a little differently.</p> <p><u>Personalizing Scripture</u> When you read the Bible, do you wonder how it applies to you? With this practice, you will add your name to scripture as if it is written directly to you. How will hearing your name written into the stories of God change the way you relate to them? What will God have to say to you as you read?</p> |