

Life Transformed: The Way of Love in Lent and Easter



THE WAY OF LOVE
Practices for Jesus-Centered Life

The journey through Lent into Easter is a journey with Jesus. We are baptized into his life, sacrifice and death; then we rise in hope to life transformed. This Lent, communities are invited to walk with Jesus in his Way of Love and into the experience of transformed life. Together, we will reflect anew on the loving actions of God as recounted in the Easter Vigil readings. Together, we will walk through the depths of salvation history into the fullness of redemption.

This seasonal journey offers three components, plus partner resources:

1. **Adult Forum:** This set of seven Adult Forums, suitable to diverse settings, ties the Easter Vigil readings to the seven practices of the Way of Love. Drawing on the ancient practice of setting aside Lent as a period of study and preparation for living as a Christian disciple (known as the catechumenate), the forums draw participants to reflect on salvation history, walk toward the empty tomb, and embrace the transforming reality of love, life, and liberation. As we stand with the three women at the empty tomb, we hear his call to go and live that transformed reality. *(Format: Digital download)*
2. **Quiet Day:** The Quiet Day condenses the forums into a single-day journey. Especially helpful for churches and dioceses seeking an alternative to the weekly class. *(Format: Digital download)*
3. **Test Kitchen:** “Living the Way of Love, Transformed.” After the forty days of Lent, this platform will invite participants into a fifty-day Eastertide “Test Kitchen.” People everywhere will actively “GO” with Jesus from the tomb to bless the world - and then share and inspire each other with accounts of how they are living the Way of Love. *(Format: Multiple platforms, including Facebook group with daily prompts)*
4. **Partner Resources:** Partners are invited to share complementary assets for communities to engage the Way of Love in Lent and Easter. Already on board:
 - Church Publishing is offering *Living the Way of Love*, a 40-day devotional by Mary Bea Sullivan, along their recently published Little Books of Guidance – one for each practice. Explore the host of CPI resources at www.churchpublishing.org/wayoflove.
 - St. Christopher’s in Gladwynne, PA will offer a sermon series based on the Year C lectionary readings. *(Format: Digital download and possible sermon podcast)*
 - The Hive (www.thehiveapiary.com) will feature video classes tracking the curriculum.
 - If your ministry is developing a seasonal Way of Love offering, share at wayoflove@episcopalchurch.org. We’d love to feature it on the website and pray for our shared journey into new life.

Brief Outline of “Life Transformed” Adult Forum

Take Note:

- Sessions 1 and 7 are based on the Eucharistic readings of the Easter Vigil.
- Sessions 2-6 are based on the Liturgy of the Word portion of the Vigil.
- This resource can be used on Lent Sundays *or* in any season or days in the church year.

Lent 1 / TURN: Dead to Sin, Alive in Christ (Romans 6:3-11)

As Christians we are continually called to repent and be renewed in faith. This session introduces the Way of Love and invites participants to reflect on themes of repentance and the new life we have in Christ through baptism. Participants consider spiritual practices of turning away from the spiritual forces of evil and sin, and turn toward Christ.

Lent 2 / PRAY: Israel’s deliverance at the Red Sea (Exodus 14:10-15:1)

God’s people prayed throughout their Exodus from slavery in Egypt: The Israelites cried out to God; Moses cried out on behalf of the people; Miriam gave thanks with tambourines and dance. This session invites participants to learn and practice varieties of prayer.

Lent 3 / LEARN: Learn Wisdom and Live (Proverbs 8:1-8, 19-21; 9:4b-6)

As wisdom says: “My fruit is better than gold, even fine gold, and my yield than choice silver.” This session will take a careful look at the gift of wisdom through the practice of reading Scripture. Participants will engage in Lectio Divina (or “holy reading”).

Lent 4 / BLESS: A New Heart and a New Spirit (Ezekiel 36:24-28)

Blessed by God, we can bless others and bear new life in the world. In this session, we explore the scriptural call to be freed from our idols and given a new heart. Participants explore their ties to modern day “idols” (such as work, money, power, etc.) to see what practices can be transformed into blessings for the sake of the world.

Lent 5 / REST: The Valley of Dry Bones (Ezekiel 37:1-14)

True sabbath time will help to restore us - body, mind, and soul - like the dry bones into which God breathes new life. This session explores the meaning of sabbath and the variety of ways to keep it. Participants commit to their own specific Sabbath practice.

Lent 6 / WORSHIP: The Gathering of God’s People (Zephaniah 3:12-20)

This session includes a clear call to worship God and give thanks for all God’s blessings. Participants will try out practices designed to help them see the glory of God in all things, turning life itself into an act of worship.

Vigil/Easter 1 / GO: The Empty Tomb (Luke 24:1-12)

On Easter morning, we go from the tomb into the world, ready to take up Jesus’ life and mission, and to share resurrection hope in our words and actions. This session invites participants to craft an action plan based on the Baptismal Covenant, and to discern how they could “GO” to join God’s mission of border-crossing, transformation and healing.