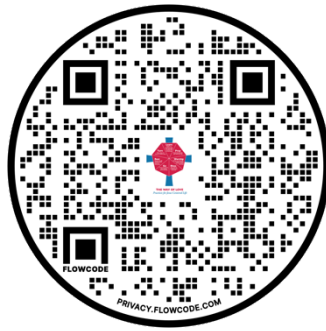


March 5, 2023 – Lent 2 (A)
Week 2: Life Transformed – The Way of Love in Lent

The journey through Lent into Easter is a journey with Jesus. We are baptized into his life, self-giving, 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. Throughout Lent, come along with us as we explore Life Transformed: The Way of Love in Lent, produced by Hillary Raining and Jenifer Gamber. You can find resources mentioned below at iam.ec/lifetransformed or by scanning the QR code to the right.



Week 2
Sunday, March 5

Today's Practice: Watch the Rev. Dr. Hillary Raining's video at iam.ec/lifetransformed for Week 2. The topic is based on the practice "Pray" and is titled, "Israel's Deliverance at the Red Sea".

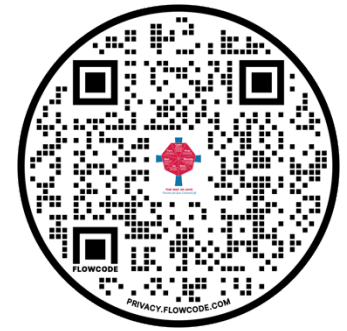
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Monday, March 6

Today's Prompt: Where are you being encouraged to "show up"?

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Tuesday, March 7

Today’s Prompt: How do your creative outlets impact on taking rest?

Read: Genesis 1:1-2:4

Wednesday, March 8

Today’s Prompt: What passage of scripture is important to you? Why?

Read: “The grass withers, the flower fades; but the word of our God will stand forever.” - Isaiah 40:8

Thursday, March 9

Today’s Prompt: Take 20 minutes in contemplative prayer today.

Read: “As he walked by the Sea of Galilee, he saw two brothers, Simon, who is called Peter, and Andrew his brother, casting a net into the sea—for they were fishermen. And he said to them, ‘Follow me, and I will make you fish for people.’ Immediately they left their nets and followed him. As he went from there, he saw two other brothers, James son of Zebedee and his brother John, in the boat with their father Zebedee, mending their nets, and he called them. Immediately they left the boat and their father, and followed him.” – Matt. 4:18-22

Friday, March 10

Today’s Prompt: Intentionally smile at least ten times today.

Read: “Rejoice in the Lord always; again I will say, Rejoice.” – Philippians 4:4

Saturday, March 11

Today’s Prompt: Today, intentionally listen devoutly to another.

Read: “Let anyone with ears to hear listen!” – Mark 4:23

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