



Life Transformed: The Way of Love in Lent

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Reflections from "Living the Way of Love" by Mary Bea Sullivan (Church Publishing, 2019). Used with permission.</p>		<p>Feb 17 Bless Notice the pattern of your breathing. Pray for awareness of blessings. Gen. 2:7</p>	<p>18 Worship How does community help or hinder your growing in Christ? John 1:12-13</p>	<p>19 Rule of Life How can you build pauses into the day to reflect on the work of the Spirit? John 15:5</p>	<p>20 Rest How might you connect with others in the spirit of renewal? 1 Kings 19:11-12</p>	<p>21 1st Sunday of Lent</p>
<p>22 Worship What is most meaningful to you in worship? BCP, p. 281</p>	<p>23 Pray Go for a walk today and pray with your feet, each step with intention. Isa. 2:3a</p>	<p>24 Way of Love Where do you see the seven practices of the Way of Love in this story? Luke 5:19</p>	<p>25 Bless Who has taught you to live a Jesus-filled life? Who have you taught? 2 Cor. 4:16</p>	<p>26 Go Where can you go and intentionally provide kindness? Matt. 5:4</p>	<p>27 Rest How do you incorporate rest in your life? Jer. 6:16</p>	<p>28 2nd Sunday of Lent</p>
<p>Mar 1 Learn What passage of scripture is important to you Why? Isa. 40:8</p>	<p>2 Rest How do your creative outlets impact on taking rest? Gen. 1:1-2:4</p>	<p>3 Go Where are you being encouraged to "show up"? Matt. 25:44-45</p>	<p>4 Pray Take 20 minutes in contemplative prayer today. Matt. 4:18-22</p>	<p>5 Bless Intentionally smile at least ten times today. Phil. 4:4</p>	<p>6 Turn Today, intentionally listen devoutly to another. Mark 4:23</p>	<p>7 3rd Sunday of Lent</p>
<p>8 Go Where can you seek and serve Christ in someone unlike you? Jer. 30:22, 31:4-5</p>	<p>9 Turn How might you share what brings you great joy with others? Rom. 12:6-8</p>	<p>10 Rest How can you incorporate rest from technology today? Matt. 11:28</p>	<p>11 Learn How is the Jesus who walked this earth beckoning you to meet him? Mark 10:46-52</p>	<p>12 Worship In your prayers today, what new words or thoughts touch you? Phil. 4:6</p>	<p>13 Pray Try praying with Anglican prayer beads. Luke 18:1</p>	<p>14 4th Sunday of Lent</p>
<p>15 Bless What challenges are you facing today? Job 11:18</p>	<p>16 Turn Where do you find joy and passion? Luke 24:32</p>	<p>17 Rest What can you say "no" to so you can say "yes" to prayer, rest and joy? Lev. 23:3</p>	<p>18 Learn Practice lectio divina with this scripture. Luke 15:17-24</p>	<p>19 Go Create a prayer representing how you seek to serve God and follow Jesus. Matt. 5:15</p>	<p>20 Rule of Life How do others experience the love of Christ through you? Gal. 5:22-23</p>	<p>21 5th Sunday of Lent</p>
<p>22 Turn What relationships do you need to mend? Isa. 55:8-9</p>	<p>23 Rule of Life How has this Way with God impacted your experience of God? John 7:38</p>	<p>24 Learn Slowly read this passage aloud. How does this speak to the world today? Matt. 4:18-22</p>	<p>25 Worship What seminal moments have informed a need to return to Christ? Ps. 51:10</p>	<p>26 Go Where might God be asking you to take your great love into the world? Isa. 48: 6b</p>	<p>27 Pray What are you thankful for? 1 Chron. 29:15</p>	<p>28 Palm Sunday</p>
<p>29 Pray Listen to the daily office today at missionstclaire.com Ps. 55:17</p>	<p>30 Rule of Life Who can support you in living a Jesus-centered life? 2 Cor. 3:6</p>	<p>31 Bless When you reflect on financial giving, are your palms open? Matt. 12:43-44</p>	<p>Apr 1 Worship How do you want to prepare people to remember you? 2 Cor. 1:3-4</p>	<p>2 Turn How did you turn back towards God's love when you made a big mistake? Luke 15:18</p>	<p>3 Learn Who might you have a conversation with to learn about God? Ps. 119:105</p>	<p>4 Easter Day</p>