

March 3, 2024 – Lent 3 (B) Week 3: 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 3Sunday, March 3

Today's Practice: Watch the Rev. Dr. Hillary Raining's video at iam.ec/lifetransformed for Week 3. The topic is based on the practice "Learn" and is titled, "Learn Wisdom and Live". Read: Proverbs 8:1-8, 19-21; 9:4b-6

Monday, March 4

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

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

Tuesday, March 5

Today's Prompt: How might you connect with others in the spirit of renewal?

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Read: "He said, 'Go out and stand on the mountain before the Lord, for the Lord is about to pass by.' Now there was a great wind, so strong that it was splitting mountains and breaking rocks in pieces before the Lord, but the Lord was not in the wind, and after the wind an earthquake, but the Lord was not in the earthquake, and after the earthquake a fire, but the Lord was not in the fire, and after the fire a sound of sheer silence." - 1 Kings 19:11-12

Wednesday, March 6

Today's Prompt: How can you build pauses into the day to reflect on the work of the Spirit?

Read: "I am the vine; you are the branches. Those who abide in me and I in them bear much fruit, because apart from me you can do nothing." – John 15:5

Thursday, March 7

Today's Prompt: What relationships do you need to mend? Read: "Seek the Lord while he may be found; call upon him while he is near; let the wicked forsake their way and the unrighteous their thoughts; let them return to the Lord, that he may have mercy on them, and to our God, for he will abundantly pardon. For my thoughts are not your thoughts, nor are your ways my ways, says the Lord." — Isaiah 55:6-8

Friday, March 8

Today's Prompt: Create a prayer representing how you seek to serve God and follow Jesus.

Read: "People do not light a lamp and put it under the bushel basket; rather, they put it on the lampstand, and it gives light to all in the house." – M atthew 5:15

Saturday, March 9

Today's Prompt: What seminal moments have informed a need to return to Christ?

Read: "Hide your face from my sins and blot out all my iniquities." – Psalm 51:10

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