

## THE SEASON OF LENT

During Lent we're asking to be lovingly refined; **we're making room for God to work out the splinters in our hearts.** Lent is the 40 day season leading to Easter, based on Jesus' 40 days of prayer and preparation in the wilderness.

It's been said that Lent is a good time to put something down and to pick something up. Perhaps putting down our phones in order to read scripture, or missing a meal in order to pray. The choices are ours.

Of course, when we think of putting something down in order to pick something up, we might also think of Jesus' cross. *"Take up your cross and follow me"* says Jesus. **Lent is also a time of recommitment.** If we've somehow loosened our grip on the cross, let some distance grow between ourselves and Jesus, Lent is a time of devoting ourselves again to Christ.

As we head toward Easter - and that splintery cross comes increasingly into view - let's make some room for God to bring about healing and maturity.

## HOW DO I JOIN IN?

### ***Put something down and pick something up***

Choose something to fast, like a kind of food or activity, in order to turn your attention to God. Use that time or energy to pray, read the Bible or otherwise connect with God.

### ***Pray in Community***

Add or adapt prayer in daily life with your people. Create space around meals, or as the day begins or ends to pray (even briefly) with those around you. *Examples:* prayer with your family, spouse, friends, co-workers or Life Group.

### ***Read the Story***

Read one of the Gospels during Lent, immersing yourself in Jesus' story. For example, Mark could be read over 16 days by a chapter a day, John over 21 days, Luke over 24, or Matthew over 28.

### ***Don't forget to party***

If you're fasting, consider breaking the fast on Sundays. For example, if you're not eating chocolate for Lent, enjoy some on a Sunday! This reminds us that even in a time of refining the gospel is good news and always leads us into celebration.

## HOLY WEEK (IN PRAYER)

In one sense, when we call something holy we are saying that it is unique or set apart. We might think of Holy Week, stretching from Palm Sunday to Easter Sunday, in that same way.

During holy week we remember events unlike other events in history; they make up a story unlike any other, with a central character unlike any other. Set apart, unique, holy.

Holy Week is itself a wonderful opportunity to set apart time and make room to reflect on, pray through and celebrate the story of Jesus' life, death and resurrection. It's a time to let God set us apart a little, to make us holy, as we open our hearts to heal, mature and expand.

### **How do I join in?**

Use ideas from the Lent guide within Holy Week specifically. Consider adapting an idea or two into a one-week exercise.

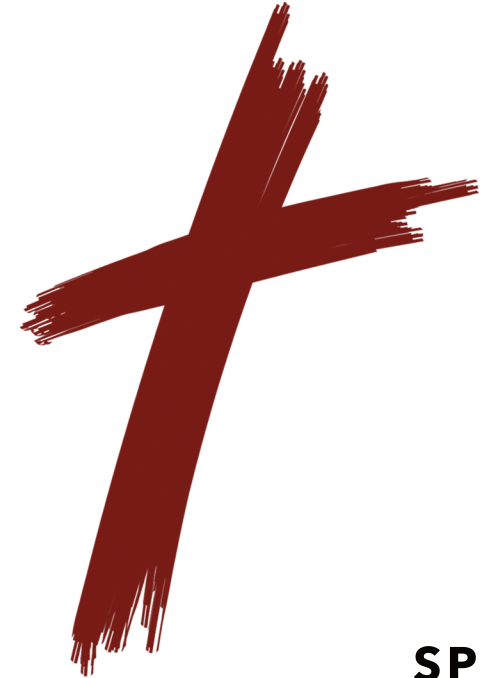
***FIND MORE ACTIVITIES, RESOURCES AND IDEAS FOR LENT AND HOLY WEEK ONLINE AT [LWCHURCH.CA](http://LWCHURCH.CA)***

**HE PERSONALLY  
CARRIED OUR SINS IN  
HIS BODY ON THE CROSS  
SO THAT WE CAN BE  
DEAD TO SIN AND LIVE FOR  
WHAT IS RIGHT. BY HIS  
WOUNDS YOU ARE HEALED.**

**1 PETER 2.24**

## **SUNDAYS IN LENT & HOLY WEEK**

<b>March 1<sup>st</sup></b>	The Cross Ahead
<b>March 8<sup>th</sup></b>	The Cross & Prayer
<b>March 15<sup>th</sup></b>	The Cross & Failure
<b>March 22<sup>nd</sup></b>	The Cross, Loss & Grief
<b>March 29<sup>th</sup></b>	The Cross & Forgiveness (Part 1)
<b>April 5<sup>th</sup></b>	The Cross & Forgiveness (Part 2)
<b>April 12<sup>th</sup></b>	Easter



**SPLINTERS**  
LENT & HOLY WEEK  
LIVING WATERS CHURCH