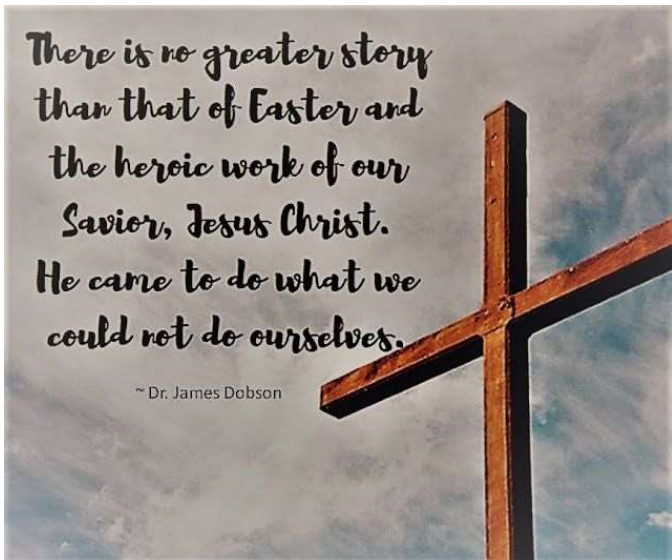


Lenten Devotionals 2022

Week 3



Wednesday – March 16

Scripture – John 10: 10-11 – The thief comes in only to steal and slaughter and destroy. I came that you might have life and have it to the full. I am the good shepherd. A good shepherd would die for the sheep.

Reflection – To be alive and to allow what should not be to flourish in our presence, is to deny what it means to be a follower of Jesus who came that the outcasts of this world may have life and have it abundantly (Joan Chittister). What exists in your world daily that you feel called to make a more intentional effort to follow Jesus and not allow to flourish?

Prayer – Almighty and ever living God, you invite us deeper into your world, your people, your Lent. May this time be one of outward focus; seeking you in those we often ignore. Help us live a Lent focused on freedom, generosity, and encounter. Give us hearts hungry to serve you and those who need what we have to give. Amen.

Thursday – March 17

Scripture – John 12: 7-8 – Jesus replied, “Leave her alone. She did this in preparation for my burial. You have poor people with you always. But you won’t always have me.”

Reflection – Mary’s anointing story shows a clear example; Jesus is about to die. But death is not the end. How does the period of Lent prepare us for our own deaths, as we prepare for Jesus’?

Prayer - While fasting with the body, brothers and sisters, let us also fast in spirit. Let us lose every bond of iniquity; let us undo the knots of every contact made by violence; let us tear up all unjust agreements; let us give bread to the hungry and welcome to our house the poor who have no roof to cover them, that we may receive mercy from Christ our God. Amen.

Friday – March 18

Scripture – Isaiah 8: 19-20- When people tell you, “seek guidance from mediums and spiritualists who whisper and mutter incantations! A nation must surely consult its gods and its dead on behalf of the living” Cling to this instruction, this testimony! For on those who tell you such things, the light has not yet dawned.

Reflection – What brings you light and hope in desperate situations?

Prayer - Look with favor, Lord, on your household. Grant that, though our flesh be humbled by abstinence from food, our souls, hungering after you, may be resplendent in your sight. Amen.

Saturday – March 19

Scripture – Joel 2:12-14- Yet even now, says the Lord, Return to me with all your heart, With fasting, with weeping, and with mourning; Rend your hearts and not your clothing. Return to the Lord, your God, for he is gracious and merciful, slow to anger, and abounding in steadfast love, and relents from punishing. Who knows whether he will not turn and relent, and leave a blessing behind him, a grain-offering and a drink-offering for the Lord, your God?

Reflection –We are at that time of the year when we are invited to test our inner freedom and to question the notion: I can take it or leave it. Try that with complaining, gossiping, anger, what etc. What habits make you hard to live with?

Prayer - Come, my Light, and illumine my darkness. Come, my Life, and revive me from death. Come, my Physician, and heal my wounds. Come, Flame of divine love, and burn up the thorns of my sins, kindling my heart with the flame of thy love.

Sunday – March 20 - Join us in person or online for Sunday worship!!



Monday – March 21

Scripture – Mark 1:12-15 - And the Spirit immediately drove him out into the wilderness. He was in the wilderness forty days, tempted by Satan; and he was with the wild beasts; and the angels waited on him. Now after John was arrested, Jesus came to Galilee, proclaiming the Good News of God, and saying, "The time is fulfilled, and the kingdom of God has come near; repent, and believe in the Good News."

Reflection – Sometimes we are called to Act and sometimes we are called to Be Still. Spend some quiet time with God today asking God to lead you in one of these directions this week.

Prayer – Creator, you have known us from the beginning of time, you have known us in the depths of our dreams and in the darkness of our shame, you know us as your beloved. Help us to own that core identity more and more in this season of repentance and mercy. Give us the rock-solid assurance of your unwavering faith in us as we seek the same in you. Amen.

Tuesday – March 22

Scripture – Mark 9: 2-10 - Six days later, Jesus took with him Peter and James and John, and led them up a high mountain apart, by themselves. And he was transfigured before them, and his clothes became dazzling white, such as no one on earth could bleach them. And there appeared to them Elijah with Moses, who were talking with Jesus. Then Peter said to Jesus, "Rabbi, it is good for us to be here; let us make three dwellings, one for you, one for Moses, and one for Elijah." He did not know what to say, for they were terrified. Then a cloud overshadowed them, and from the cloud there came a voice, "This is my Son, the Beloved; listen to him!" Suddenly when they looked around, they saw no one with them anymore, but only Jesus. As they were coming down the mountain,

he ordered them to tell no one about what they had seen, until after the Son of Man had risen from the dead. So they kept the matter to themselves, questioning what this rising from the dead could mean.

Reflection – Who would the pillars of your faith/your Elijahs and Moses' be?

Prayer - Fast from judging others; Feast on Christ dwelling in them. Fast from fear of illness; Feast on the healing power of God. Fast from words that pollute; Feast on speech that purifies. Fast from discontent; Feast on gratitude. Fast from anger; Feast on patience. Fast from pessimism; Feast on hope. Fast from negatives; Feast on encouragement. Fast from bitterness; Feast on forgiveness. Fast from self-concern; Feast on compassion. Fast from suspicion; Feast on truth. Fast from gossip; Feast on purposeful silence. Fast from problems that overwhelm; Feast on prayer that sustains. Fast from anxiety; Feast on faith. Amen.



LENT

is a call
to renew
a commitment
grown dull,
perhaps,
by a life
more marked
by routine than
by reflection.

-Joan Chittister