



Lent

LENTEN DEVOTIONS

(Borrowed from John Ackerman's "Listening to God")

Use these practices on a daily basis as often as you can during the season of Lent.

STOP, LOOK, AND LISTEN

STOP!

Breathe in and out. You can do so being still or while walking and or listening to music, etc.) Pay attention to your breath. Clear your mind as best you can of other thoughts and clutter. Let go. Let the Spirit breathe into you.



LOOK!

Review the past 24 hours of your life and your reactions.
What is there for which to thank God?
What is there for which you are not grateful?
What internal messages are playing around in your head?
Do you need to say I'm sorry about hurting someone else?
Can you hand over to Jesus any internal messages that are self-punitive?



Are there prayers you would offer on behalf of others?
What is your heart's desire for today? What do you need?
What is missing? You want _____ so that _____.

LISTEN!

Read the Psalm lessons for this Lenten Season:

- Week 1: Psalm 32; Week 2: Psalm 121
- Week 3: Psalm 95; Week 4: Psalm 23
- Week 5: Psalm 130; Holy Week: Psalm 118

Read them aloud. As you read them each day:

What shimmers, stands out?

How does this psalm address your longing?

Pray briefly and in a heartfelt way.

Let yourself rest in the goodness of God.

How might you receive God's Word today?

How might you respond?

Is there something to think? Do? Be?

Write a few notes to yourself so that you can remember to make those responses.



Soul Food for Thought

"There is no shortage of good days. It is good lives that are hard to come by. A life of good days lived in the senses is not enough. The life of sensation is the life of greed, it requires more and more. The life of the spirit requires less and less, time is ample and its passage sweet."

Annie Dillar