

 **RED LETTER
CHRISTIANS UK**

17th February - 4th April

#jesusandjustice
www.redletterchristians.org.uk

Lent 2021

Resilient Discipleship

A calendar of daily reflections & simple practices to invest in spiritual resilience during the season of Lent.

Lent represents the 40 days Satan tempted Jesus in the wilderness. Our own “wilderness places” can allow us release what’s unneeded and draw closer to what matters.

Set an intention with each day’s practice:

How does letting go of “rubbish” free me for what’s vital? How can I lean into Jesus and more faithfully hear the Holy Spirit so I can live into God’s call today?

Ash Wednesday 17

Read Mt. 4:1-4.

Reflect on living on words from God. If able, fast for Ash Wednesday (one meal, two small snacks). Note your body’s reactions.

THURSDAY 18

The biblical word “repentance” means to change one’s mind. Read this article.* Whose perspective on a challenging issue might you need to hear?

FRIDAY 19

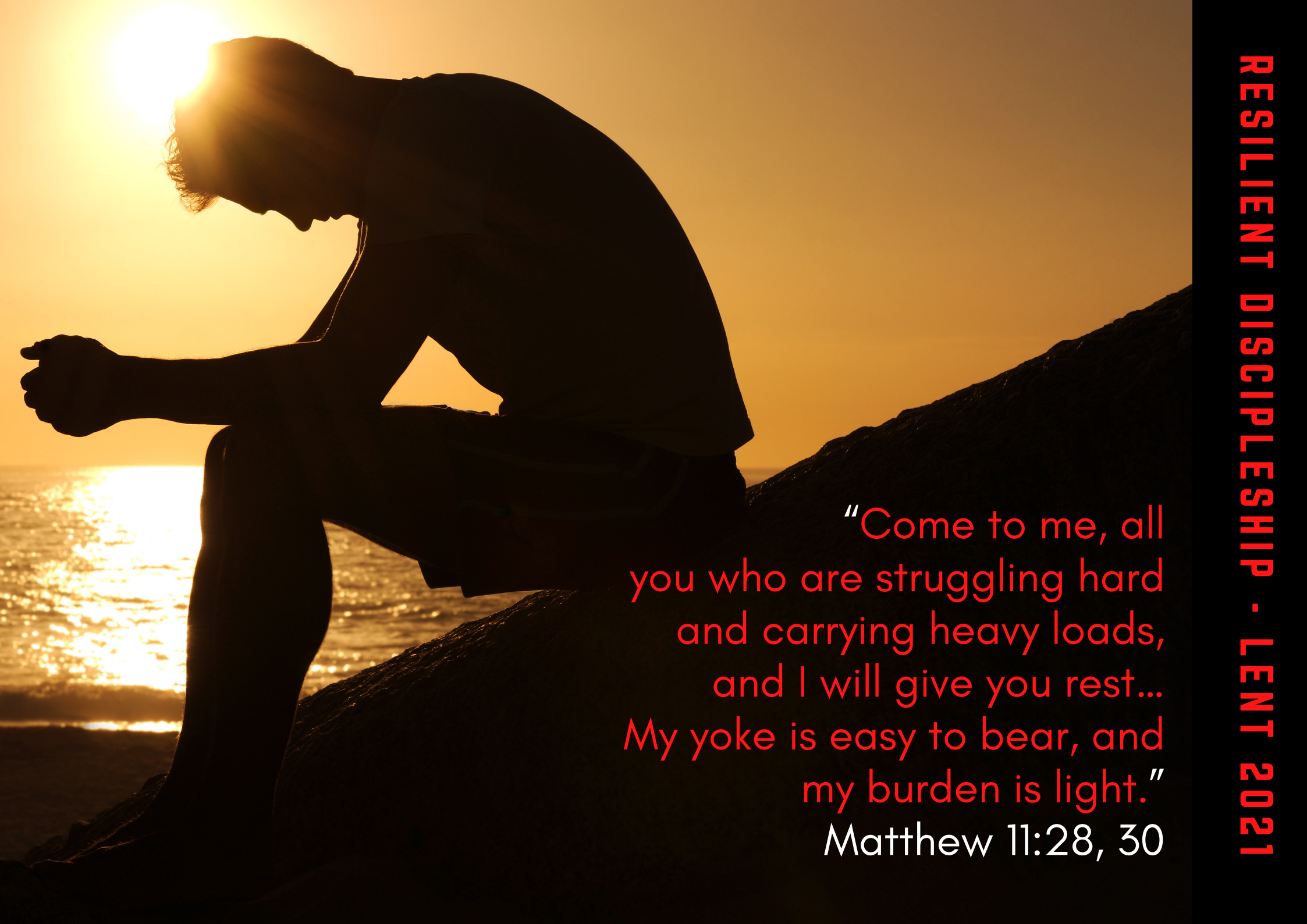
No Meat Friday, in commemoration of Jesus’ crucifixion on Good Friday. If you’re vegetarian, consider a food you could abstain from eating each Friday of Lent.

SATURDAY 20

Have a thoughtful conversation with someone today. Beforehand, pray for the Holy Spirit to reveal how you can be meaningful presence for this person. Listen carefully to them.

*<http://redletterchristians.org.uk/the-spiritual-importance-of-changing-our-minds-and-what-stops-us-from-doing-it>

17-20 FEBRUARY



“Come to me, all
you who are struggling hard
and carrying heavy loads,
and I will give you rest...
My yoke is easy to bear, and
my burden is light.”

Matthew 11:28, 30

SUNDAY 21

Read Mt. 11:28-30, then [try this meditation](#)* for releasing burdens. Return to this practice anytime you wish to release your worries to Jesus' loving care.

MONDAY 22

Read 1 Cor. 6:19-20. Engage in physical exercise that challenges you today, and each Monday of Lent. As you move, be conscious of worshipping God with your body.

TUESDAY 23

Each Tuesday of Lent, declutter your living/working space by removing one unneeded item. How does it feel to let go of it? What does it change?

WEDNESDAY 24

Read Isaiah 40:27-31. Choose one issue that makes you feel helpless. Help in a concrete way: write a letter, give material resources, donate to a relevant organisation.

THURSDAY 25

Read 1 Cor 3:7-9. Before bed, reflect on your role in partnering toward the restoration of God's creation by praying this [Ecological Examen](#).

FRIDAY 26

No Meat Friday, in commemoration of Jesus' crucifixion on Good Friday. If you're vegetarian, consider a food you could abstain from eating each Friday of Lent.

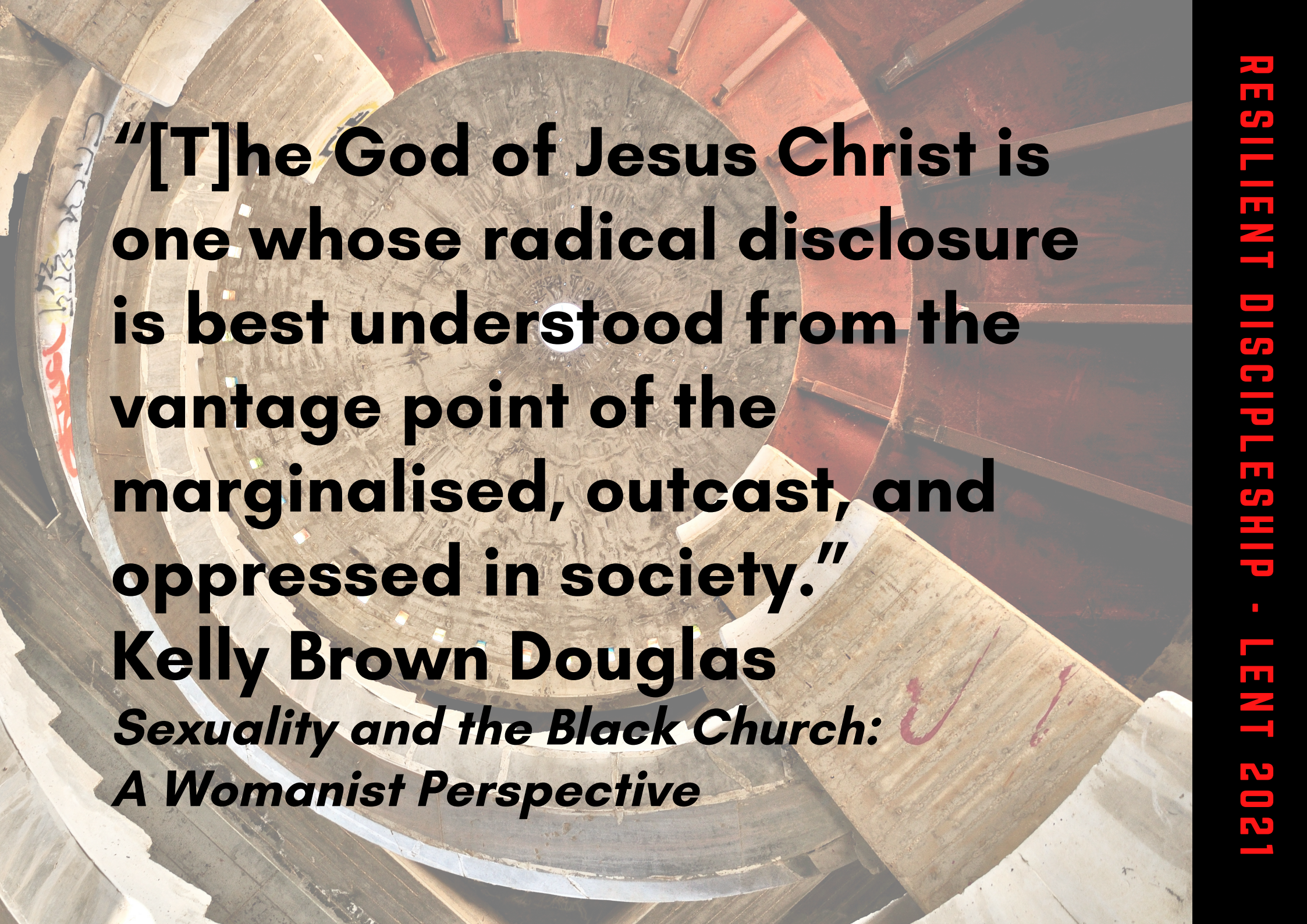
SATURDAY 27

Write a letter to someone who is isolated. Perhaps include a treat in the post. Pray that God's presence would comfort them today and every day.

What was the hardest thing to let go of this week?

*<https://www.youtube.com/watch?v=raLyK0rZmt8>

**http://www.sjweb.info/documents/sjs/docs/EcologicalExamen_ENG.pdf



"[T]he God of Jesus Christ is one whose radical disclosure is best understood from the vantage point of the marginalised, outcast, and oppressed in society."

Kelly Brown Douglas

***Sexuality and the Black Church:
A Womanist Perspective***

SUNDAY 28

Read Gen 2:2-3. If God can take a break from designing creation, can you take a break from living in it? Make time for Sabbath rest today.

MONDAY 01

Movement Monday: Engage in challenging physical exercise, reflecting on worshipping God with your body. Switch it up each week or stick with one practice; whatever feels right.

TUESDAY 02

Toss-it-out Tuesday: Declutter your living/working space by removing one unneeded item. How does it feel to let go of it? What does it change?

WEDNESDAY 03

Read Matthew 6:9-13. Envision heaven, where God's will is already fully realised. Meditate on an action you can take today to make earth more like heaven. Do it.

THURSDAY 04

[Watch this video.](#)*

Think of a non-Christian you know. If they asked you to share the gospel, would your version be good news to them?

FRIDAY 05

No Meat Friday, in commemoration of Jesus' crucifixion on Good Friday. If you're vegetarian, consider a food you could abstain from eating each Friday of Lent.

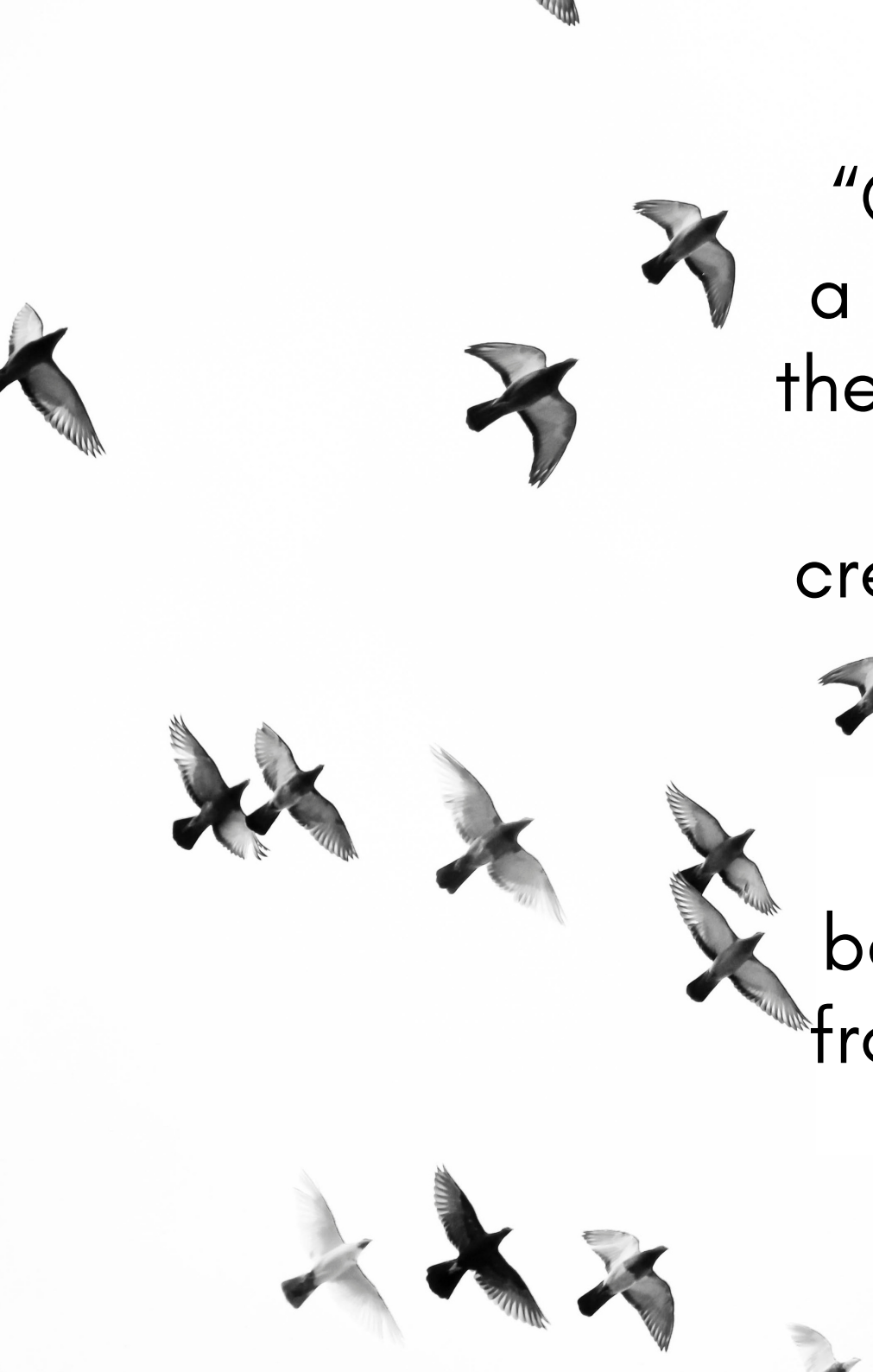
SATURDAY 06

Say grace. Meditate on everyone who offered their life or labour for your meal (animals, farmworkers lorry drivers, packing plant and shop workers). Thank and pray for them.

**When did you
feel a special joy
this week?**

28 FEBRUARY - 6 MARCH

*<https://lisasharonharper.com/the-very-good-gospel>



“On that day, I will make
a covenant for them with
the wild animals, the birds
in the sky, and the
creeping creatures of the
fertile ground.

I will do away with the
bow, the sword, and war
from the land; I will make
you lie down in safety.”

Hosea 2:18

SUNDAY 07

Pray for those who have been disillusioned by church or put off attending in the first place. Ask the Holy Spirit to use you as an instrument of love, grace or healing.

MONDAY 08

Movement Monday: Engage in challenging physical exercise, reflecting on worshipping God with your body. Switch it up each week or stick with one practice; whatever feels right.

TUESDAY 09

Toss-it-out Tuesday: Declutter your living/working space by removing one unneeded item. How does it feel to let go of it? What does it change?

WEDNESDAY 10

Read Matthew 6:9-13. Envision heaven, where we all already have our daily bread. Meditate on someone in need and share of God's abundance with them.

THURSDAY 11

Take a walk in your neighbourhood. Try to find a path you've never walked before. What do you discover there? Think or journal about it.

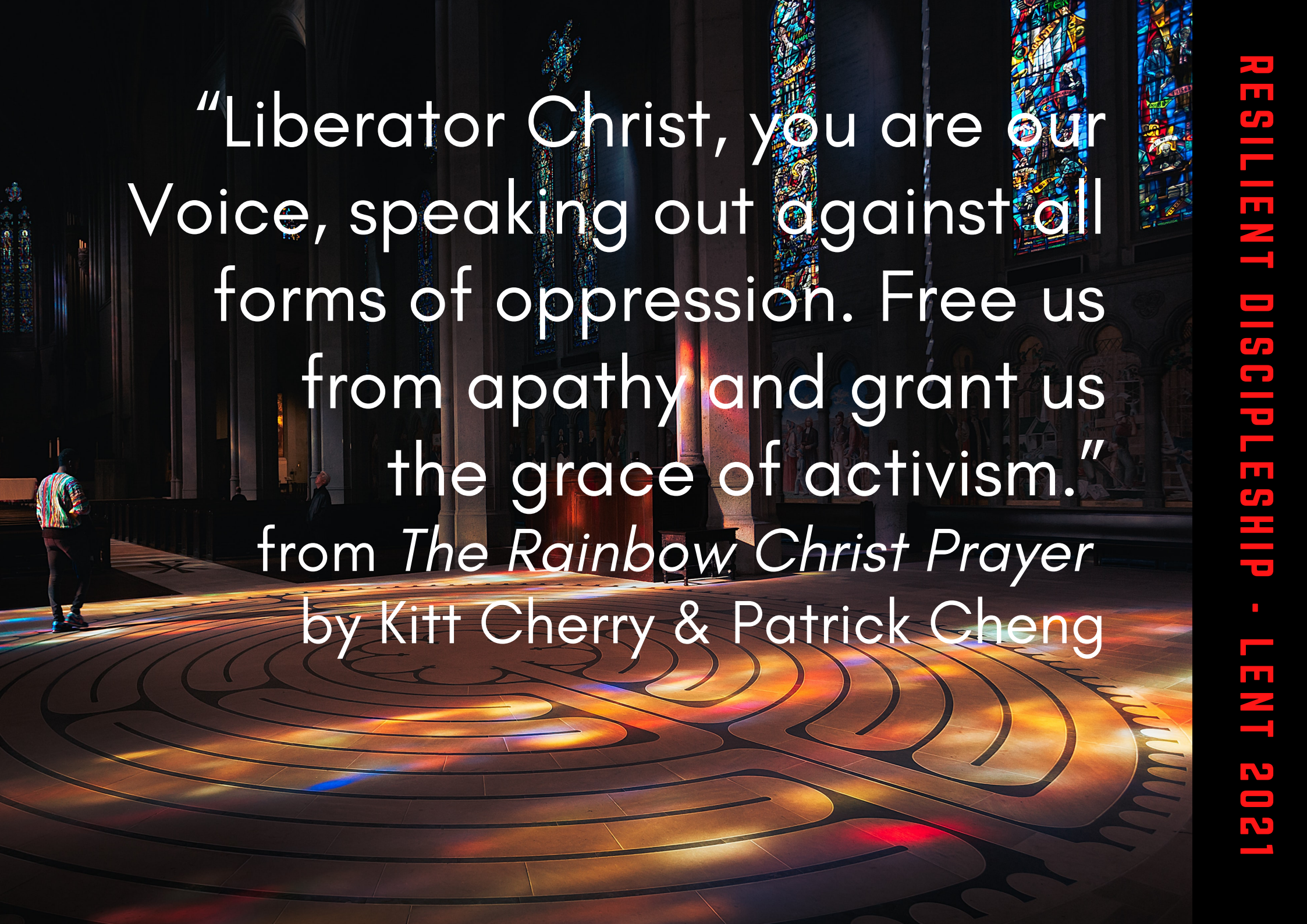
FRIDAY 12

No Meat Friday, in commemoration of Jesus' crucifixion on Good Friday. If you're vegetarian, consider a food you could abstain from eating each Friday of Lent.

SATURDAY 13

Read Mt. 5:43-48. Pray for someone/some group you consider an enemy. Ask God to show you how to pray for them if it's a challenge.

When were you especially aware of Jesus' love for you this week?

A large, ornate cathedral interior with a glowing labyrinth on the floor and stained glass windows. The labyrinth is illuminated with warm, golden light, and the stained glass windows are colorful and intricate. The architecture features high ceilings and classical columns.

“Liberator Christ, you are our
Voice, speaking out against all
forms of oppression. Free us
from apathy and grant us
the grace of activism.”
from *The Rainbow Christ Prayer*
by Kitt Cherry & Patrick Cheng

SUNDAY 14

Lean into Sabbath rest by muting unnecessary social media today.

(Video church excluded!)

MONDAY 15

Movement Monday: Engage in challenging physical exercise, reflecting on worshipping God with your body. Switch it up each week or stick with one practice; whatever feels right.

TUESDAY 16

Toss-it-out Tuesday: Declutter your living/working space by removing one unneeded item. How does it feel to let go of it? What does it change?

WEDNESDAY 17

Read this [history of St. Patrick](#).*

Who is a saint in your life? How can they inspire you to live your faith today?

THURSDAY 18

Read Matthew 6:9-13. Envision heaven, where all of our debts are already forgiven. Read about [Red Letter Christians UK's Debt Jubilee](#).** If you can, donate.

FRIDAY 19

No Meat Friday, in commemoration of Jesus' crucifixion on Good Friday. If you're vegetarian, consider a food you could abstain from eating each Friday of Lent.

SATURDAY 20

If you have the energy, offer to help someone you know is perpetually overworked. If you are the overworked one, have the courage to ask for help today.

When did you feel farthest from God this week?

*<https://www.history.com/topics/st-patricks-day/who-was-saint-patrick>

**www.redletterchristians.org.uk/nrpfdebtjubilee



“The Spirit of the Lord is upon me, because he has anointed me to bring good news to the poor. He has sent me to proclaim release to the captives and recovery of sight to the blind, to let the oppressed go free, to proclaim the year of the Lord’s favour.”

Jesus, Luke 4:18-19

SUNDAY 21

Review this [Queer Theology Reading List](#). *

If possible, obtain and commit to reading at least one title in the list.

MONDAY 22

Movement Monday: Engage in challenging physical exercise, reflecting on worshipping God with your body. Switch it up each week or stick with one practice; whatever feels right.

TUESDAY 23

Toss-it-out Tuesday: Declutter your living/working space by removing one unneeded item. How does it feel to let go of it? What does it change?

WEDNESDAY 24

Read Matthew 6:9-13. Envision heaven, where we are delivered from evil. Meditate on a temptation that interferes with your connection with God and others. Pray for God's help.

THURSDAY 25

Read Lamentations 3:22-24. When does it challenge you to trust God? Release control of an issue that's been worrying you and trust it into God's care.

FRIDAY 26

No Meat Friday, in commemoration of Jesus' crucifixion on Good Friday. If you're vegetarian, consider a food you could abstain from eating each Friday of Lent.

SATURDAY 27

Read John 18:28. With whom might you be afraid to be associated because you fear 'defilement'? Reflect on how your church community can be more welcoming.

What do you most deeply believe about Easter? How does it change you?

*<http://www.douglasdecelle.net/christianity-and-lgbtq-theology-book-list>



**“For some,
conversion means
coming to grips with
their guilt.**

**For others, it means
coming to grips with
their innocence.”**

Emily Swan & Ken Wilson

Solus Jesus:

A Theology of Resistance

SUNDAY 28

Read Isaiah 50:5. Has God opened your ear about something challenging? Are you resistant? Pray for God to release you from resistance to love today.

MONDAY 29

Movement Monday: Engage in challenging physical exercise, reflecting on worshipping God with your body. Switch it up each week or stick with one practice; whatever feels right.

TUESDAY 30

Toss-it-out Tuesday: Declutter your living/working space by removing one unneeded item. How does it feel to let go of it? What does it change?

WEDNESDAY 31

Read Matthew 6:9-13. Envision heaven, where God's kingdom exists in power and glory. Pray on how you can live the way of God's power—not earthly power—today.

THURSDAY 01

Maundy Thursday. Read John 13:1-17. While washing feet may not be practical, find a way to serve someone society would consider "lesser than."

Good Friday 02

Fast. Read the Passion story from one of the Gospels today, or spread it over today and tomorrow. Silently reflect on how you understand the cross.

Holy Saturday 03

Reflect on a practice you found particularly helpful this Lent. Consider carrying it forward and making it part of your regular life rhythm.

Easter Sunday 04

Worship and praise.

He is Risen!

**“Jesus said to them
again, ‘*Peace be with
you. As the Father sent
me, so I am sending you.*’**

**Then he breathed on
them and said,
‘*Receive the Holy Spirit.*’”**

John 20:21-22

This Lent 2021 calendar was compiled by Faith Van Horne on behalf of Red Letter Christians UK.
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