

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

2 March - 17 April 2022



How can I more faithfully lean in to the call to live for Jesus and justice today?

Ash Wednesday 02

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 03

Read this article on liminal spaces.* What feels 'betwixt and between' in your life right now? Pray for God's guidance to navigate this space with hope.

FRIDAY 04

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 05

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/betwixt-and-between-dwelling-in-the-liminal-space>

SUNDAY 06

Read Mt. 11:28-30, then try this meditation.^{*} Return to this practice anytime you wish to release your worries to Jesus' loving care.

MONDAY 07

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 08

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 09

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 10

Read Psalm 139:23-24 and pray this daily examen.^{**} What stood out for you today? You might journal or share with a trusted friend or faith community.

FRIDAY 11

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 12

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=Tf5lOf3nd8>

^{**}<https://www.youtube.com/watch?v=gYuk44PcLJE>

SUNDAY 13

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 14

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 15

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 16

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 17

Read this article on the gospel and children.* Does your faith reflect a childlike boldness? How might you trust in God like a child today?

FRIDAY 18

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 19

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?

*<http://redletterchristians.org.uk/think-of-the-children/>

SUNDAY 20

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 21

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 22

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 23

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 24

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 25

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 26

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?

20-26 MARCH

SUNDAY 27

Lean into Sabbath rest by muting unnecessary social media today.

(Video church excluded!)

MONDAY 28

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 29

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 30

Watch this video on sacred embodiment.* How do you live in your spirit & body? Try incorporating embodiment into worship (lifting hands while singing, walking prayer, etc.).

THURSDAY 31

Church Action for Tax Justice is calling on the UK government to introduce tax reform that helps the poorest. Read about their **#WealthTax Pledge**** - sign up & pray for change.

FRIDAY 01

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 02

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.youtube.com/watch?v=njtMnv3uv8Q>

**<https://www.eccr.org.uk/tax-justice-pledge/>

SUNDAY 03

Read Matthew 6:19-20. Try this exercise for physical and spiritual decluttering.* What 'treasures' are you storing up that interfere with living Jesus' gospel of peace and simplicity?

MONDAY 04

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 05

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 06

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 07

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 08

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 09

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?

*<https://bit.ly/3H2x8Az>

SUNDAY 10

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 11

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 12

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 13

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 14

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 15

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 16

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 17

Worship and praise.

He is Risen!