

LENT is an important season for disciples of Jesus to intentionally consider ways in which we can return to God with all of our heart. Life gets so busy throughout the year, so this Lent you are invited to intentionally use these 40 days from Ash Wednesday through to Easter Sunday as times to 'BE', 'CONNECT' and 'GIVE.' BE: Below are two invitational practices to intentionally seek a deepening in your relationship with God. CONNECT: An invitation to connect with those around you. GIVE: An invitation to give up something important or financial and turn ourselves outward to those in desperate need. We stress these are invitations, not a tick-list. You are welcome to 'do' as little or as much as you like. Our hope is that whichever practices you decide on, you will be able to make space for god's Spirit to bring deeper transformation to your heart, mind and soul over this special season.

BE

- Make a daily or weekly practice of sitting with one of the selected bible readings and following the instructions on the next page.
- Make a daily or weekly practice of spending 10-20 mins in thankfulness to God. Go for a walk, sit in a comfortable chair, journal or write down all the situations and people you're thankful for.

CONNECT

- Make a weekly practice of sharing a simple supper with your home group or someone you would like to get to know better.
- It doesn't have to be a fancy candle lit dinner it can be as simple as a bowl of soup and a bread roll. We've even included some soup suggestions as an additional resource.
- Alternatively, phone, write a card or call around to someone who has been on your mind.

GIVE

- Could you make a weekly practice of having a loose change jar/container and saving up money for a charity that All Saints Church is currently supporting, such as our new mission partners, Jessie and Agi Rowe in Mongolia? Check out: <https://allsaints.church/about-us/the-world-church>
- Make a weekly practice of giving up a favourite food, screen time or habit and spend that time either researching, praying for or giving to an area where there is extreme poverty or oppression.



LECTIO DIVINA (DIVINE READING)

Lectio Divina is an ancient way of reading the Bible that focuses not just on receiving information but intentionally slowing down and letting ourselves be shaped and transformed by what we read. If you would like to try this way of reading over Lent, you are invited to follow these steps:

- STOP** We find a place where we won't be distracted. We get comfortable and spend a moment asking God to speak to us today.
- READ** We read the passage slowly, maybe through a few times. What words or images do we find ourselves pausing on?
- REFLECT** We spend time reflecting on the questions, 'God what are you saying to me?' or 'What is challenging or speaking to me?'
- RESPOND** We spend a moment chatting to God or writing down what we've read, what questions we have, how we feel about this.
- REST** We spend time simply just waiting to see if there is a simple action or application God is prompting us to make in light of what we've read. If not, that's fine. We say thank you to God for being with us during our reading before finishing.

SUGGESTED PASSAGES FOR LENT

ASH WEDNESDAY

ISAIAH 58:1-12 | PSALM 51:1-18 | MATT 3:1-17

FIRST WEEK

LAMENTATIONS 1 | PSALM 32 | MATT 4:1-11

SECOND WEEK

LAMENTATIONS 2 | PSALM 86 | MATT 4:12-25

THIRD WEEK

LAMENTATIONS 3 | PSALM 107 | MATT 14:22-33

FOURTH WEEK

LAMENTATIONS 4 | PSALM 40 | MATT 16:13-23

FIFTH WEEK

LAMENTATIONS 5 | PSALM 97 | MATT 17:1-13

PALM SUNDAY

PSALM 118 | MATT 21:1-11

MAUNDAY THURSDAY

EXODUS 14:1-14 | PSALM 116:1-2, 12-19 | MATT 26:1-75

GOOD FRIDAY

ISAIAH 52:13-53:12 | PSALM 22 | MATT 27:1-66

EASTER SUNDAY

JEREMIAH 31:1-6 | PSALM 118:1-2, 14-24 | MATT 28:1-10