



# Life Transformed: The Way of Love in Lent

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p><b>Reflections from "Living the Way of Love"</b> by Mary Bea Sullivan (Church Publishing, 2019). Used with permission.</p>		<p><b>Feb 22</b> <b>Rest</b> How do you incorporate rest into your life? Jer. 6:16</p>	<p><b>23</b> <b>Worship</b> How does community help or hinder your growing in Christ? Jn. 1:12-13</p>	<p><b>24</b> <b>Way of Love</b> Where do you see the seven practices of the Way of Love in this story? Lk. 5:19</p>	<p><b>25</b> <b>Rest</b> How might you connect with others in the spirit of renewal? 1 Kings 19:11-12</p>	<p><b>26</b> <b>1st Sunday of Lent</b></p>
<p><b>27</b> <b>Bless</b> Who has taught you to live a Jesus-filled life? Who have you taught? 2 Cor. 4:16</p>	<p><b>28</b> <b>Pray</b> Go for a walk today and pray with your feet, each step with intention. Is. 2:3a</p>	<p><b>Mar 1</b> <b>Rule of Life</b> How can you build pauses into the day to reflect on the work of the Spirit? Jn. 15:5</p>	<p><b>2</b> <b>Worship</b> What is most meaningful to you in worship? BCP, pg. 281</p>	<p><b>3</b> <b>Go</b> Where can you go and intentionally provide kindness? Matt. 5:4</p>	<p><b>4</b> <b>Bless</b> Notice the pattern of your breathing. Pray for awareness of blessings. Gen. 2:7</p>	<p><b>5</b> <b>2nd Sunday of Lent</b></p>
<p><b>6</b> <b>Go</b> Where are you being encouraged to "show up"? Matt. 25:44-45</p>	<p><b>7</b> <b>Rest</b> How do your creative outlets impact on taking rest? Gen. 1:1-24</p>	<p><b>8</b> <b>Learn</b> What passage of scripture is important to you? Why? Is. 40:8</p>	<p><b>9</b> <b>Pray</b> Take 20 minutes in contemplative prayer today. Matt. 4:18-22</p>	<p><b>10</b> <b>Bless</b> Intentionally smile at least ten times today. Phil. 4:4</p>	<p><b>11</b> <b>Turn</b> Today, intentionally listen devoutly to another. Mark 4:23</p>	<p><b>12</b> <b>3rd Sunday of Lent</b></p>
<p><b>13</b> <b>Go</b> Where can you seek and serve Christ in someone unlike you? Jer. 30:22, 31:4-5</p>	<p><b>14</b> <b>Learn</b> How is the Jesus who walked the earth beckoning you to meet him? Mk. 10:46-52</p>	<p><b>15</b> <b>Rest</b> How can you incorporate rest from technology today? Matt. 11:28</p>	<p><b>16</b> <b>Pray</b> Try praying with Anglican prayer beads. Luk 18:1</p>	<p><b>17</b> <b>Worship</b> In your prayers today, what new words or thoughts touch you? Phil. 4:6</p>	<p><b>18</b> <b>Turn</b> How might you share what brings you great joy with others? Rom. 12:6-8</p>	<p><b>19</b> <b>4th Sunday of Lent</b></p>
<p><b>20</b> <b>Bless</b> What challenges are you facing today? Job 11:18</p>	<p><b>21</b> <b>Turn</b> Where do you find joy and passion? Luke 24:32</p>	<p><b>22</b> <b>Rest</b> What can you say "no" to so you can say "yes" to prayer, rest and joy? Lev. 23:3</p>	<p><b>23</b> <b>Learn</b> Practice lectio divina with this scripture. Luke 15:17-24</p>	<p><b>24</b> <b>Go</b> Create a prayer representing how you seek to serve God and follow Jesus. Matt. 5:15</p>	<p><b>25</b> <b>Rule of Life</b> How do others experience the love of Christ through you? Gal. 5:22-23</p>	<p><b>26</b> <b>5th Sunday of Lent</b></p>
<p><b>27</b> <b>Worship</b> What seminal moments have informed a need to return to Christ? Ps. 51:10</p>	<p><b>28</b> <b>Rule of Life</b> How has this Way with God impacted your experience of God? John 7:38</p>	<p><b>29</b> <b>Learn</b> Slowly read this passage aloud. How does this speak to the world today? Matt. 4:18-22</p>	<p><b>30</b> <b>Turn</b> What relationships do you need to mend? Is. 55:6-8</p>	<p><b>31</b> <b>Go</b> Where might God be asking you to take your great love into the world? Isa. 48: 6b</p>	<p><b>Apr 1</b> <b>Pray</b> What are you thankful for? 1 Chron. 29:15</p>	<p><b>2</b> <b>Palm Sunday</b></p>
<p><b>3</b> <b>Pray</b> Listen to the daily office today at <a href="http://missionstclaire.com">missionstclaire.com</a> Ps. 55:17</p>	<p><b>4</b> <b>Worship</b> How do you want to prepare people to remember you? 2 Cor. 1:3-4</p>	<p><b>5</b> <b>Bless</b> When you reflect on financial giving, are your palms open? Matt. 12:43-44</p>	<p><b>6</b> <b>Learn</b> Who might you have a conversation with to learn about God? Ps. 119:105</p>	<p><b>7</b> <b>Turn</b> How did you turn back towards God's love when you made a big mistake? Luke 15:18</p>	<p><b>8</b> <b>Rule of Life</b> Who can support you in living a Jesus-centered life? 2 Cor. 3:6</p>	<p><b>9</b> <b>Easter Day</b></p>