

Lent Week One

First Sunday

LIGHT: 8 Tealights + Christ Candle

PRAY: Dear God, here we are: beloved, flawed, beautiful, failing, and trying again to be your people in the world. Forgive the wrongs we have done, and the good we have left undone. Amen

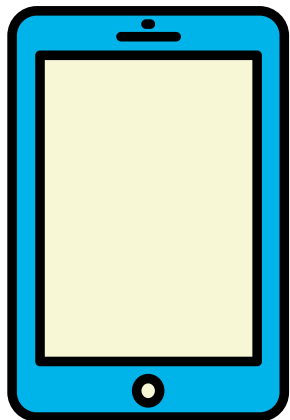
EXTINGUISH: 2 Tealights

READ: Matthew 4: 1-11

REFLECT: During the 40 days of Lent we enter the wilderness. We go back to the dust from which we came but we do not go alone. God is with us even in the wilderness as we pray, confess, repent, and become more fully ourselves.



Experience



This week, carve out spaces of time for encountering the wilderness.

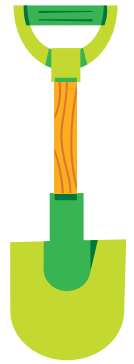
- Stand barefoot on the earth and take some time to be grateful for your place in God's kingdom.
- Wake early enough to watch the sunrise without any distractions from your phone.
- Go on a family walk after dinner to talk about your day.

Remember that every interaction we have in the wilderness is an invitation to be closer to God.

"Man does not live on bread alone but on every word that comes from the mouth of God."
Matthew 4: 4



Practice



Make your yard more beautiful by planting a few packages of hearty seeds that will bloom in Autumn and Winter. Try Sunflowers, Zinnias, Marigold - or whatever your favourites are! After you plant your seeds, raise your hands in blessing and pray, "Loving God, please make the earth laugh with even more flowers. Amen"

Fast

5 THINGS TO GIVE UP THIS LENT

- Complaining
- Consuming
- Worrying
- Negative self talk
- Comparing yourself to others

