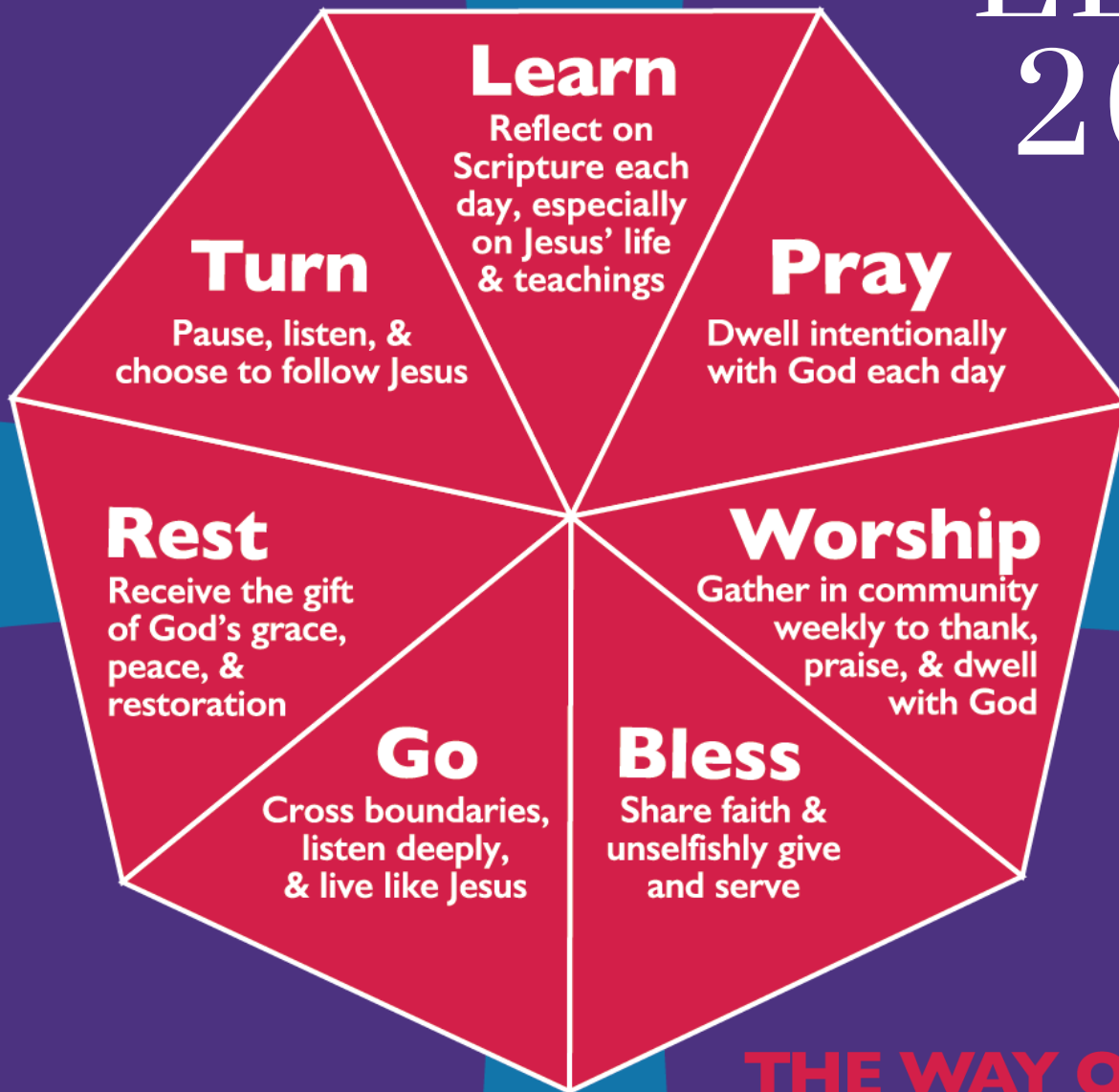


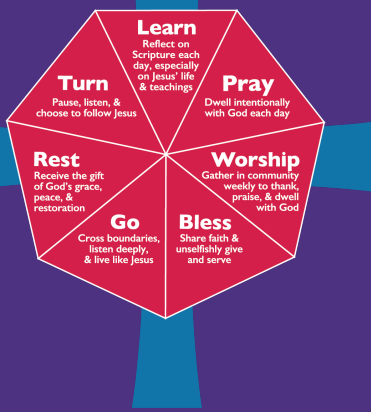
LENT 2019



THE WAY OF LOVE
Practices for Jesus-Centered Life

AT HOME ACTIVITY

ADAPTED BY THE REV. MEREDITH H. CRIGLER



LENT 2019

AT HOME ACTIVITY

JOIN US THIS LENT IN:

THE WAY OF LOVE *Practices for Jesus-Centered Life*

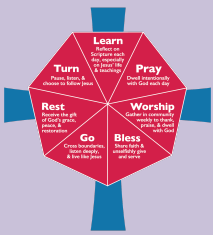
AS WE TURN, LEARN, PRAY, BLESS, GO AND WORSHIP.

DURING ASH WEDNESDAY, MAUNDY THURSDAY, GOOD FRIDAY, HOLY SATURDAY, AND EACH SUNDAY YOU ARE INVITED TO WORSHIP FULLY.

ON ALL THE OTHER DAYS YOU ARE INVITED TO CHOOSE TO TURN, LEARN, PRAY, BLESS, GO OR REST.

EACH DAY ADD TO THE THE LENTEN CHAIN.
YOU ARE INVITED TO USE YOUR LENTEN CHAIN AS A REMINDER THROUGHOUT EASTERTIDE.

NEED MORE RESOURCES TO SHARE WITH OTHERS ?
WE'D BE HAPPY TO SUPPLY YOU WITH MORE.

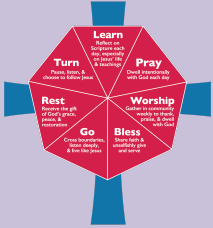


THE WAY OF LOVE
Practices for Jesus-Centered Life

TURN

TALK ABOUT/TEACH & PRAY TOGETHER THE CONFESSION

MOST MERCIFUL GOD, WE CONFESS THAT WE HAVE SINNED AGAINST YOU IN THOUGHT, WORD AND DEED, BY WHAT WE HAVE DONE, AND BY WHAT WE HAVE LEFT UNDONE. WE HAVE NOT LOVED YOU WITH OUR WHOLE HEART; WE HAVE NOT LOVED OUR NEIGHBORS AS OURSELVES. WE ARE TRULY SORRY AND WE HUMBLY REPENT. FOR THE SAKE OF YOUR SON JESUS CHRIST, HAVE MERCY ON US AND FORGIVE US; THAT WE MAY DELIGHT IN YOUR WILL AND WALK IN YOUR WAYS, TO THE GLORY OF YOUR NAME. AMEN

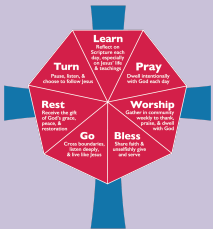


THE WAY OF LOVE
Practices for Jesus-Centered Life

TURN

DECLUTTER A SPACE

SOMETIMES WE DO NOT ALWAYS NEED ALL THAT SURROUNDS US. THE CLUTTER CAN EVEN CLUTTER OUR SPIRIT. PICK A SPOT OR SUBJECT TO DECLUTTER. WHAT MIGHT BE DONATED? HOW MIGHT YOU LIVE MORE FREELY?

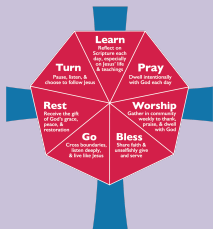


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TURN

RECYCLE

TALK/TEACH ONE ANOTHER ABOUT THE IMPORTANCE OF RECYCLING AND CARING FOR OUR PLANET BETTER THAN WE DO.

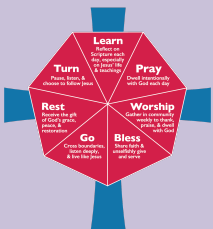


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TURN

APOLOGIZE

WHAT HAVE YOUR RECENTLY DONE THAT MAY HAVE HURT ANOTHER? WRITE/CALL/DRAW AND CONFESS TO THAT OTHER THAN YOU WRONGED THEM.



THE WAY OF LOVE
Practices for Jesus-Centered Life

TURN

RACISM

TALK/TEACH AND CONNECT TOGETHER ABOUT THE SIN OF RACISM AND HOW IT STILL REARS ITS HEAD TODAY. HOW HAVE YOU OR YOUR FAMILY BENEFITED FROM THE SUFFERING OF OTHERS?



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Practices for Jesus-Centered Life

TURN

PRAY

PRAYER A PRAYER OF CONFESSION FROM YOUR HEART.



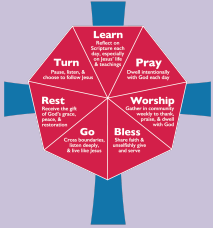
THE WAY OF LOVE
Practices for Jesus-Centered Life

LEARN:

LUKE 2

READ, TELL & RETELL THE BIBLICAL STORY TOGETHER

WHAT PART OF THE STORY DO YOU LIKE THE BEST? WHAT SURPRISED YOU? WHERE ARE YOU IN THE STORY? WHERE DO YOU SEE THIS HAPPENING TODAY?



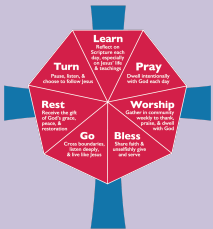
THE WAY OF LOVE
Practices for Jesus-Centered Life

LEARN:

LUKE 10: 30-37

READ, TELL & RETELL THE BIBLICAL STORY TOGETHER

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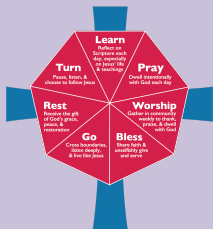
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LEARN:

JOHN 10: 1-18

READ, TELL & RETELL THE BIBLICAL STORY TOGETHER

WHAT PART OF THE STORY DO YOU LIKE THE BEST? WHAT SURPRISED YOU? WHERE ARE YOU IN THE STORY? WHERE DO YOU SEE THIS HAPPENING TODAY?



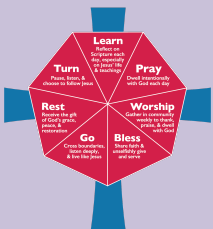
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LEARN:

LUKE 11

READ, TELL & RETELL THE BIBLICAL STORY TOGETHER

WHAT PART OF THE STORY DO YOU LIKE THE BEST? WHAT SURPRISED YOU? WHERE ARE YOU IN THE STORY? WHERE DO YOU SEE THIS HAPPENING TODAY?



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Practices for Jesus-Centered Life

LEARN:

LUKE 8

READ, TELL & RETELL THE BIBLICAL STORY TOGETHER

WHAT PART OF THE STORY DO YOU LIKE THE BEST? WHAT SURPRISED YOU? WHERE ARE YOU IN THE STORY? WHERE DO YOU SEE THIS HAPPENING TODAY?



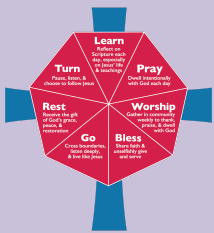
THE WAY OF LOVE
Practices for Jesus-Centered Life

LEARN:

ACTS 1

READ, TELL & RETELL THE BIBLICAL STORY TOGETHER

WHAT PART OF THE STORY DO YOU LIKE THE BEST? WHAT SURPRISED YOU? WHERE ARE YOU IN THE STORY? WHERE DO YOU SEE THIS HAPPENING TODAY?

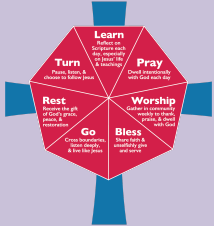


THE WAY OF LOVE
Practices for Jesus-Centered Life

PRAY

TALK ABOUT/TEACH & PRAY TOGETHER THE LORD'S PRAYER

OUR FATHER IN HEAVEN, HALLOWED BY YOUR NAME, YOUR KINGDOM COME, YOUR WILL BE DONE, ON EARTH AS IN HEAVEN. GIVE US TODAY OUR DAILY BREAD. FORGIVE US OUR SINS AS WE FORGIVE THOSE WHO SIN AGAINST US. SAVE US FROM THE TIME OF TRIAL, AND DELIVER US FROM EVIL. FOR THE KINGDOM, THE POWER, AND THE GLORY ARE YOURS NOW AND FORVER. AMEN.

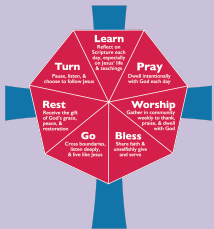


THE WAY OF LOVE
Practices for Jesus-Centered Life

PRAY

PRAY TOGETHER USING THE FIVE-FINGER PRAYER

- THUMB (PEOPLE WHO ARE CLOSE TO YOU/FAMILY AND FRIENDS)
- POINTER (PEOPLE WHO POINT THE WAY/LEADERS IN YOUR LIFE)
- TALL FINGER (PEOPLE IN AUTHORITY IN THE WORLD)
- RING FINGER (PEOPLE WHO ARE SICK, WEAK, IN POVERTY, AND TREATED BADLY)
- LITTLE FINGER (YOUR OWN NEEDS)

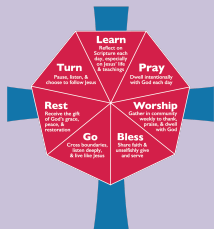


THE WAY OF LOVE
Practices for Jesus-Centered Life

PRAY

SAY GRACE TOGETHER BEFORE EACH MEAL

GRACE IS A PRAYER OF THANKSGIVING. WHAT ARE YOU THANKFUL FOR TODAY? WHERE IS THERE GRACE IN YOUR LIFE? PERHAPS THIS IS A TIME TO TRY A NEW FORM OR LEARN A NEW GRACE?

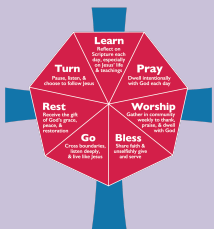


THE WAY OF LOVE
Practices for Jesus-Centered Life

PRAY

CREATE A PRAYER SPACE

SET ASIDE A PLACE TO BE A PLACE OF PRAYER. PERHAPS IT IS A TABLE, A MANTEL, A SHELF, A CORNER, OR EVEN A MOVABLE BOX. PUT BOOKS, A CROSS, OR ANOTHER OBJECT OF MEANING THERE TO ENCOURAGE ONE ANOTHER TO GO TO THAT PLACE TO PRAY. (YES, LIKE STATIONS AT SCHOOL, CREATE A PRAYER STATION IN THE HOME)

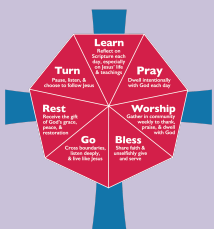


THE WAY OF LOVE
Practices for Jesus-Centered Life

PRAY

BREATH PRAYER

STILLNESS AND QUIET CAN BE HEALING AND A POWERFUL WAY TO CENTER ON GOD. EVEN YOUNG CHILDREN CAN BE INTRODUCED TO MINDFUL PRAYER. SIT TOGETHER ON THE FLOOR AWAY FROM DISTRACTIONS AND BREATHE IN THE LOVE OF GOD AND BREATHE OUT OUR LOVE FOR GOD. THERE ARE MANY VARIATIONS ON THIS YOU COULD TRY.

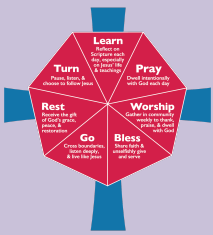


THE WAY OF LOVE
Practices for Jesus-Centered Life

PRAY

CANDLE

LIGHT A CANDLE AND PRAY FOR THE INTENTIONS OF YOUR HEART.



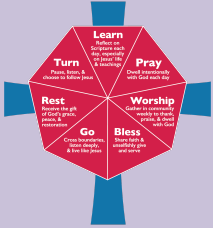
BLESS

ACT OF GIVING

INVOLVE ONE ANOTHER IN THE FAMILY GIVING PROCESS. DOES EVERYONE KNOW TO WHOM WE GIVE? TALK ABOUT AND DECIDE TOGETHER A SMALL GIFT TO GIVE.

THE WAY OF LOVE

Practices for Jesus-Centered Life



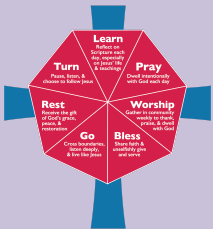
BLESS

FOOD STEWARDSHIP

GO THROUGH YOUR PANTRY. WHAT IS GOOD AND IN DATE THAT ISN'T BEING USED? DONATE IT TO THE FOOD PANTRY. AND/OR PICK OUT SOMETHING THAT YOU ENJOY THAT IS NON-PERISHABLE AT THE GROCERY STORE AND ADD THAT TO THE CART FOR THE FOOD PANTRY

THE WAY OF LOVE

Practices for Jesus-Centered Life



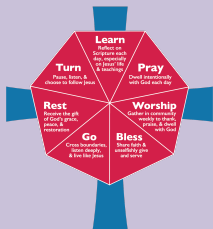
BLESS

RANDOM NOTE OF KINDNESS

DRAW/WRITE/CREATE A SHORT SIMPLE NOTE OR DRAWING AND LEAVE IT IN A RANDOM PUBLIC PLACE FOR AN INDIVIDUAL YOU DO NOT KNOW IN ORDER TO BLESS THEIR DAY. PERHAPS YOU GIVE IT TO SOMEONE IN THE DRIVE THROUGH LINE, OR TO SOMEONE WHO CLEANS THE SCHOOL, OR THE CHECKER AT THE GROCERY STORE-- YOU DECIDE!

THE WAY OF LOVE

Practices for Jesus-Centered Life



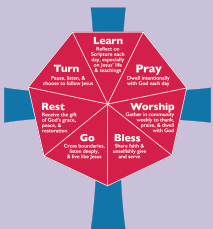
BLESS

FINANCIAL STEWARDSHIP

TAKE SOME TIME AND TALK TOGETHER ABOUT THE IMPORTANCE OF STEWARDING THE FINANCIAL RESOURCES WE ARE GIVEN BY GOD IN ORDER TO BLESS THE WORLD. HOW ARE WE MINDFUL ABOUT WHAT WE SPEND, HOW WE SAVE AND WHEN WE GIVE?

THE WAY OF LOVE

Practices for Jesus-Centered Life



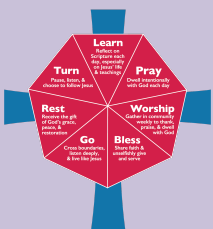
BLESS

FASTING WITH A PURPOSE

SET ASIDE THE USUAL AMOUNT OF MONEY THAT YOU WOULD USE FOR SOMETHING FUN (COFFEE/MEAL/ICECREAM/MOVIE/YOU PICK) AND INSTEAD OF DOING THAT, FAST FROM THAT AND USE THOSE FUNDS TO BLESS ANOTHER IN AN ACT OF KINDNESS.

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Practices for Jesus-Centered Life



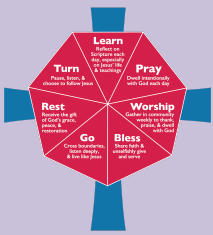
BLESS

OFFERING A BLESSING

LAY YOUR HANDS ON ONE ANOTHER AND OFFER UP TO GOD A BLESSING FOR THAT PERSON

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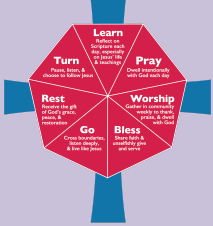


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Practices for Jesus-Centered Life

GO

PRAY

PRAY FOR THE WIDER WORLD

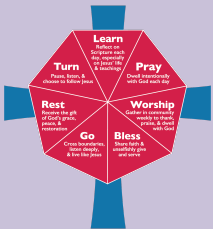


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Practices for Jesus-Centered Life

GO

ACT OF SERVICE

DO AN ACT TOGETHER THAT BLESSES ANOTHER. TAKE SOMEONE A MEAL, VISIT THE NURSING HOME, DO SOME SMALL CHORE, WORK IN THE GARDEN OR WHATEVER YOU ALL MAY DECIDE TOGETHER

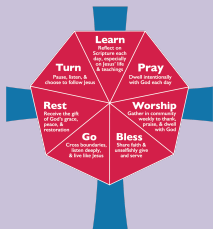


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Practices for Jesus-Centered Life

GO

REACH OUT TO A LOVED ONE

IS THERE SOMEONE IN YOUR CIRCLES THAT HAS HAD A ROUGH GO RECENTLY? PERHAPS THEY ARE SICK OR MOURNING OR STRUGGLING. CALL THEM, INVITE THEM OUT, BRING THEM A MEAL, SEND THEM A NOTE--PICK SOMETHING TO DO TOGETHER TO HELP THAT PERSON KNOW THAT THEY ARE LOVED.

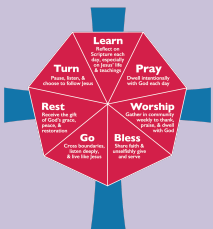


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Practices for Jesus-Centered Life

GO

WALK THE NEIGHBORHOOD

TAKE A WALK AROUND YOUR NEIGHBORHOOD TOGETHER. WHERE DO YOU SEE GOD AT WORK? WHERE DO YOU SEE SIGNS OF BROKENNESS? WHAT MIGHT JESUS BE CALLING YOU TO DO?



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Practices for Jesus-Centered Life

GO

INVITE

INVITE A FRIEND OR FAMILY MEMBER TO COME TO CHURCH WITH YOU.



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GO

SHARING LOVE

SOMETIMES WE LOVE WITH OUR ACTIONS AND SOMETIMES WITH OUR WORDS. THINK TOGETHER ABOUT SOMEONE (SAFE) AND SHARE WITH THEM ABOUT YOUR LOVE FOR JESUS AND HOW JESUS LOVES THEM TOO. CAN'T THINK OF SOMEONE? TRY SOMEONE AT CHURCH-- IT'S GREAT PRACTICE.



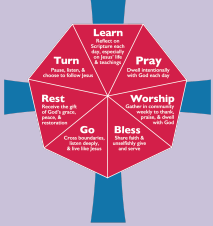
THE WAY OF LOVE

Practices for Jesus-Centered Life

REST

SABBATH BASKET

GET A BASKET OR BOX OR PLACE THAT IS IN A WELL-TRAVELED AREA OF YOUR HOME. PICK A TIME OF THE WEEK (AFTER DINNER, A MORNING, ETC). AND INVITE EVERYONE TO PUT ALL THE THINGS YOU DON'T NEED IN ORDER TO OBSERVE A TIME OF REST IN THE BASKET (MAYBE ELECTRONICS, WALLETS, HOMEWORK, ETC). TAKE IT ALL BACK OUT AT AN AGREED UPON TIME.



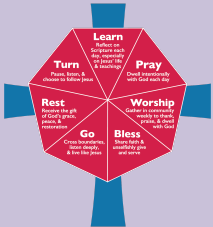
THE WAY OF LOVE

Practices for Jesus-Centered Life

REST

READ

LAYING ASIDE ALL THE TASKS OF THE DAY, CHOOSE AN AMOUNT OF TIME TO ALL SIT DOWN TOGETHER (OR ON THEIR OWN) AND SIMPLY READ FOR DELIGHT.



THE WAY OF LOVE

Practices for Jesus-Centered Life

REST

GO FOR A WALK/BIKE RIDE

GO FOR A WALK/BIKE RIDE TOGETHER AND DURING IT DO NOT TALK ABOUT WORK OR SCHOOL OR CHORES. JUST BE.



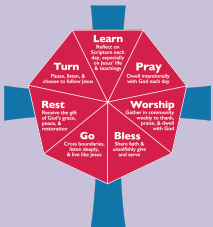
THE WAY OF LOVE

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REST

CALL

CALL SOMEONE ON THE PHONE JUST TO CHAT.



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REST

SLEEP WELL

TAKE A NAP, OR GO TO BED EARLIER. DO ALL THAT YOU CAN TO SLEEP WELL TODAY.



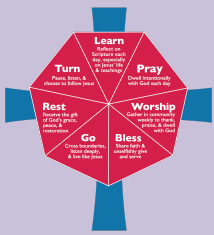
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REST

LAUGH

PLAY A FUNNY GAME, WATCH A FUNNY MOVIE-- DO SOMETHING ON YOUR OWN OR TOGETHER THAT ENCOURAGES YOU TO LAUGH.

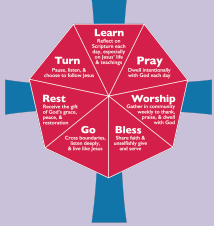


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ASH WEDNESDAY

SEEK OUT THE IMPOSITION OF ASHES AND COMMIT THE OBSERVANCE OF A HOLY LENT

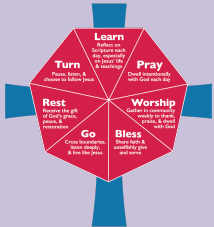


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MAUNDY THURSDAY

WORSHIP, REMEMBER CHRIST AT EVERY MEAL, SERVE, LOVE ONE ANOTHER AS CHRIST HAS LOVED US.



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GOOD FRIDAY

WORSHIP. MEDITATE ON THE CROSS. WALK THE STATIONS OF THE CROSS.

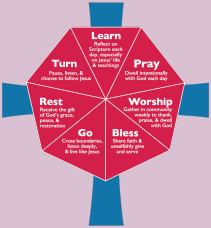


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HOLY SATURDAY

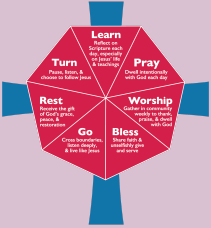
WAIT. WORSHIP. PREPARE FOR EASTER



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LENT 1

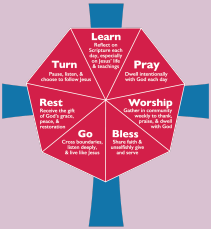
WORSHIP FULLY



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LENT 2

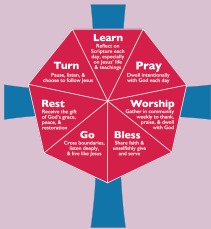
WORSHIP FULLY



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LENT 3

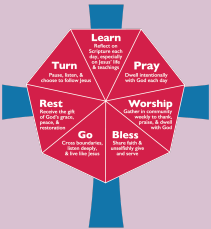
WORSHIP FULLY



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LENT 4

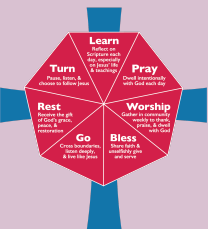
WORSHIP FULLY



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LENT 5

WORSHIP FULLY



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PALM SUNDAY

WORSHIP FULLY