

# LENT



COLOUR = PURPLE

40 DAYS BEFORE EASTER (EXCLUDING SUNDAYS WHICH REMAIN FEAST DAYS)

THEME: 'HUMBLED IN THE TURNING'; A TIME TO EXAMINE OURSELVES

**INCLUDES:**



**SHROVE TUESDAY:** FROM WORD "SHRIVE" MEANING ABSOLUTION FROM ONE'S SINS. WHY PANCAKES?

TO USE UP THE 'RICH FOODS' PRIOR TO FASTING. THIS MARKS ENTRANCE INTO THE LENTEN PERIOD.

**ASH WEDNESDAY:** START OF THE 40 DAYS. A TIME OF SORROW FOR THE SIN IN THE WORLD AND IN US (PENITENCE). A TIME TO ACKNOWLEDGE OUR MORTALITY AND NEED FOR A SAVIOUR. A TIME OF CONFESSION AND TO RENEW OUR COMMITMENT TO CHRIST – DAILY DYING AND RISING. ASH REPRESENTS DEATH, SADNESS, JUDGMENT, PURIFICATION AND REPENTANCE.

**PALM SUNDAY:** COMMEMORATES THE 'TRIUMPHAL ENTRY'; THE IRONY OF THE TRIUMPH OF THE CROSS.

**MAUNDY THURSDAY:** EMPHASIS ON THE LAST SUPPER AND WASHING OF THE DISCIPLES' FEET.

"A NEW COMMANDMENT I GIVE UNTO YOU; TO LOVE ONE ANOTHER AS I HAVE LOVED YOU"

**GOOD FRIDAY:** A TIME TO FOCUS ON THE CROSS; TO UNDERSTAND THE MEANING OF JESUS DEATH.

DARKNESS. JESUS FINAL WORDS. SACRIFICE – SELF-GIVING LOVE.

"BRIGHT SADNESS" LIKE WALKING IN A STILL-DARKENED VALLEY EVEN AS THE MORNING SUN LIGHTS THE TOPS OF THE MOUNTAINS AROUND US. WE JOURNEY THROUGH THE AGONY OF FRIDAY AND DESPERATE SILENCE OF SATURDAY, ANTICIPATING THE GLORIOUS JOY OF RESURRECTION SUNDAY.

HUMILITY, SIMPLICITY, SOBRIETY AND EVEN SORROW

WE START THE JOURNEY WITH JESUS IN SOLITUDE (40 DAYS IN THE DESERT); WE CONTINUE BY WALKING WITH HIM TOWARD JERUSALEM AND WE END BY KNEELING BESIDE HIM IN DARK GETHSEMANE.

A TIME TO ACKNOWLEDGE OUR VULNERABILITIES, A JOURNEY INTO THE DEPTHS OF OUR HUMANITY

A TIME OF PREPARATION, CONFESSION, REPENTANCE, AND RENEWAL

EMBRACES A 'BAPTISMAL SPIRITUALITY' OR DAILY DYING AND RISING

A TIME TO REMEMBER THOSE WHO ARE PERSECUTED, SUFFERING OR IN EXILE

A GOOD LENT MAKES SPACE FOR GOD'S PRESENCE IN ALL

A GOOD LENT IS JOURNEYED BOTH TOGETHER AND ALONE: NOT JUST AN INWARD TURNING BUT, STARTING WITH OURSELVES, WE SEE A TRANSFORMED LIFE IN COMMUNITY AND RELATIONSHIP, WITH GOD BUT ALSO WITH EACH OTHER.

A TIME TO LISTEN AND PAY ATTENTION AND SAY "HERE I AM, LORD"

A TIME TO FOCUS ON NEGLECTED RELATIONSHIPS AND WORK TOWARD RECONCILIATION

"IT DRAWS US TO SEE WHAT WE ARE BEING SAVED FROM; AND WHAT WE ARE SAVED FOR"

(JUSTIN WELBY)

OPENNESS, TRANSPARENCY

LOOK OUTWARD, WEIGH THE COST OF DISCIPLESHIP; INTERCEDING FOR OTHERS

THE HOPE OF A JUST SOCIETY AND A TIME OF ROBUST AND HONEST DISCUSSION

## **PRACTICES**

1. **ASH CROSS ON FOREHEAD** “REMEMBER THAT YOU ARE DUST AND TO DUST YOU SHALL RETURN” OR “CONSIDER YOURSELF DEAD TO SIN AND ALIVE IN JESUS CHRIST”
  2. **FASTING AND PRAYER** (A RESTRICTION THAT MAKES SPACE FOR GOD; ‘HUMBLED BY HUNGER’)
  3. **SILENCE: PRACTICE 5, 10, 20MINS DAILY OR TAKE A SILENT RETREAT IN ORDER TO LISTEN.**
  4. **SOLITUDE**
  5. **LABYRINTHS – WALKING OR FINGER LABYRINTHS CAN BE USEFUL TOOLS FOR REFLECTION (TRAVELLING INWARD, FOCUS ON GOD; TRAVELLING OUTWARDS INTERCESSION)**
  6. **PALM SUNDAY: MAKING CROSSES OUT OF PALM LEAVES.**
  7. **MAUNDY THURSDAY: FOOT WASHING**
- IMPROVISING: SHOW HOSPITALITY TO THOSE YOU FIND DIFFICULT AND PRACTICE LISTENING TO THEIR HEART, CONFESSION IN FRONT OF A MIRROR OR WITH A FRIEND, USE EARPLUGS WHILE YOU PRAY**

<ul style="list-style-type: none"><li>□ <b>PS 90 &amp; 139:23-24 (FRI 14/9)</b></li><li>□ <b>PS 51 (SAT 15/9)</b></li><li>□ <b>LK 9:51 (MON 17/9)</b></li><li>□ <b>MATT 6:1-21 (TUES 18/9)</b></li><li>□ <b>2 COR 5:20-6:2 (WED 19/9)</b></li><li>□ <b>1 PET 1:1-2:3 (THURS 20/9)</b></li><li>□ <b>JAMES 1 (FRI 21/9)</b></li><li>□ <b>IS 58 (SAT 22/9)</b></li><li>□ <b>JN 4:1-38 (MON 24/9)</b></li><li>□ <b>JN 12 (TUES 25/9)</b></li><li>□ <b>JN 13 (WED 26/9)</b></li><li>□ <b>JN 15:18-16:4, 19:28-30 (THURS 27/9)</b></li></ul>	<p><b>LECTIO DIVINA (“DIVINE READING”, PRAYING THE SCRIPTURES)</b></p> <ol style="list-style-type: none"><li>1. <b>READ – WHAT DOES IT SAY?</b></li><li>2. <b>MEDITATION – WHAT IS STANDING OUT TO ME? WHAT IS THIS SCRIPTURE SAYING TO ME?</b></li><li>3. <b>PRAY – SPEAK TO HIM ABOUT WHAT YOU HAVE MEDITATED ON</b></li><li>4. <b>CONTEMPLATION – SPEND TIME LOOKING AT HIM AND LETTING HIM LOOK AT YOU. CREATE SPACE THAT IF GOD WANTS TO GIVE YOU A SPECIAL GRACE GIFT IN RELATION TO THIS PASSAGE, HE WILL. IF NOT, JUST RELAX WITH HIM.</b></li><li>5. <b>ACTION – WHAT CAN I DO ABOUT THIS?</b></li></ol>
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Picasso's Weeping Woman



Kintsugi (Japanese pottery): beauty in brokenness