

Hearing God in Lent

Name: _____

SUN	MON	TUES	WED	THURS	FRI	SAT
6 Online Prayer 9am	7	8	9 Infinitum Prayer 10am-1 pm Prayer Online 7:30pm	10	11	12
13 Online Prayer 9am	14	15 Online Barnabus Group 7-9pm	16	17	18	19
20 Online Prayer 9am	21	22	23 LGBTQ Meeting 7:30pm	24	25	26
27 Online Prayer 9am	28	29	30	31	April 1	2
3 Online Prayer 9am	4	5 Online Barnabus Group 7-9pm	6 Prayer At Church 7:30pm	7	8	9
10 Online Prayer 9am	11	12	13 Infinitum Prayer 10am-1 pm	14	15 Good Friday Service 10am	16

Pick a **Journal Challenge**. I will journal... _____

Articulate one spiritual desire to pray daily for this Lent (A “grace’ you would like to receive):

Lent is a significant time in the church calendar. It's an opportunity to pay particular attention to communion with God. As part of our Lent Hearing God series we are encouraging everyone to dedicate intentional time to prayer and to explore new ways of praying.

As a church we have a number of prayer opportunities (in bold in the calendar). Links to each online prayer time can be found in the weekly email.

In addition to church events, we encourage you to craft your own 6-week Lenten journey using the calendar provided. To help you do so we have gathered a number of resources and opportunities for you—some are communal activities, and some are individual.

EXTERNAL PRAYER EVENTS

1. **Infinitum Half-Day Prayer:** This is a monthly global online prayer event (Mar 9, April 13: 10am-1pm). 30 mins opening, 2 hours of guided activities you do on your own, then back together for 30 mins for small group reflection. People who participate love this event. Visit <https://infinitumlife.com/prayerday> for details, and to sign up.
2. **Barnabas Group** is an online spiritual community that prayerfully explores what it looks like to have a vibrant, abiding relationship with God. On the first Tuesday of the month they do "listening prayer" meetings, where they explore discernment and what it looks like to hear God's voice in everyday life. On the 3rd Tuesday of the month they have their "Gospel series" meetings, where they explore different aspects of the Good News of Jesus and try different spiritual exercises to practice what they're learning. All meetings are open to whoever would like to come, and include teaching, discussion, practice, and prayer. Email barnabas.discipleship@gmail.com to receive the Zoom link. (This is a fresh, new kind of worshipping community that's worth exploring!)

ONLINE GUIDED MEDITATION

1. **Pray-As-You-Go** (computer or free phone app): A 7-part guided meditation series for Lent 2022: Hope and the Nearness of God. See: 'Retreats and Series'. All you have to do is click 'PLAY' and allow the guide to lead you. Highly recommended. (around 20 minutes each)
2. **Pray-As-You-Go:** Margaret Silf (*Close to the Heart*) wrote a 7-part guided meditation series for Lent 2021 called Growing Back Better, which is still relevant. See: 'Retreats and Series'. All you have to do is click 'PLAY' and allow the guide to lead you. Highly recommended. (around 20 minutes each)
3. **Pray-As-You-Go:** Explore the site. Check out: 'Going Deeper' and the 'Daily Meditations' (which are a wonderful way to do a guided daily devotional all year round).
4. **Walk At A Human Pace:** Lent meditation designed to be done while walking each day. Listen to Scripture and meditate on a few good questions. Sign up here: <https://aahales.com>. There is a one-time \$10 fee for this series.

DAILY DEVOTIONAL READING

There are many ways to do devotional exercises to connect us with the Spirit. We've included some options to try.

1. **Infinitum** has created a 6-part **LENT JOURNEY**, Hosted by Danielle Strickland. There is a short video, a Scripture, and some exercises. https://drive.google.com/file/d/1PNiOH5pgFraxfrWISSXZzu3GSCFfqCuR/view?mc_cid=a6d6477555&mc_eid=88318de223
2. Richard Rohr does a beautiful job of helping people connect with the Spirit and think differently about prayer and the life of faith. These entries come from his extensive website, which is worth checking out.

2.1. **Meeting God in Prayer** 5-day series: <https://cac.org/themes/meeting-god-in-prayer/>

2.2. **The Voice of God**: <https://cac.org/the-voice-of-god-2019-05-28/>

2.3. **Our Deepest Desire**: <https://cac.org/our-deepest-desire-2019-05-30/>

2.4. **God's Temple**: <https://cac.org/gods-temple-2019-05-31/>

2.5. **Vulnerability**: <https://cac.org/vulnerability-2016-09-27/>

SHORT LEARNING VIDEOS/INSTRUCTIONS

1. **Centering Prayer** (4 min. video) is a method of silent prayer that prepares us to receive the gift of contemplative prayer, in which we experience God's presence with us. Centering prayer is grounded in relationship with God, through Christ, and is a practice to nurture that relationship. <https://gravitycenter.com/practice/centering-prayer/>
2. **Be Still Exercise** (2 mins): Explanation and Recorded Practice. <https://gravitycenter.com/practice/be-still/>
3. **Breath Prayer Exercise** and explanation. <https://gravitycenter.com/practice/breath-prayer/>
4. **Daily Examen Exercise** explained. The power of living an examined life is well known. As Christians we can invite the Spirit to join us and lead us in our self-examination. Those who embrace this practice find it transformative. <https://gravitycenter.com/practice/examen/> (Follow the links on the page for more details and videos)