

# Sanctuary First

A PLACE TO BE

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## Lent Disciplines

This year, as part of our Lent reflections, we are encouraging you to take on a Lent Discipline each week. These Disciplines are inspired by our rich Christian heritage and offer simple, straightforward ways of settling the heart, stilling the mind, and focusing our thoughts. They invite you to do one thing every day for each week, the idea being that repetition allows you to build on the experience, noticing new things each day. If you forget or miss a day, don't worry, just start again on the next day. Our hope is that by repeating the exercises you make space for rest, calm and new insights. Lent is an important time in the church calendar to slow down and make time to focus our minds on God.

### **Week 1 (begins Sunday 03 March, Ash Wednesday is 06 March)**

Every day this week read Psalm 51. Each time you read it consider what words stand out for you on that day.

### **Week 2 (begins Sunday 10 March)**

Every day this week spend 5 minutes in silence. Take a moment to still yourself before God and rest. Don't feel any pressure to think about anything in particular and don't worry if you get distracted. Simply breathe in and out and let the thoughts come and go. It may be that after spending five minutes in silence you feel like saying a prayer but it's up to you. Take the time to listen in the silence before carrying on with the rest of your day.

### **Week 3 (begins Sunday 17 March)**

Every morning this week we invite you to say this short prayer below. You might want to say it before going out the front door.

*Dear God, help me today to see my neighbourhood through your eyes, with your love, compassion and kindness. Help me to seek your face in those around me. Amen.*

### **Week 4 (begins Sunday 24 March)**

Think of a place in your neighbourhood (it might be a specific street or a particular building) where you know there are people struggling or suffering. Commit to pray for that same place every day this week.

### **Week 5 (begins Sunday 31 March)**

Every day this week light a candle. Ask God to show you in the day ahead new ways you can bear the light of the Kingdom in your community.

### **Week 6 (begins Sunday 06 April)**

Each time you eat this week, stop and think about how Jesus lived a human life and regularly ate with others. Give thanks for the food you are eating and pray for opportunities to share it with others.

### **Week 7 (begins Sunday 14 April, Holy Week begins Monday 15 April)**

Every day this week take a moment to picture Jesus. The Son of God became one of us and had a human body.

Sunday - picture Jesus' eyes

Monday - picture Jesus' smile

Tuesday - picture Jesus' hands

Wednesday - picture Jesus' feet

Thursday - picture Jesus' walk

Friday - picture Jesus' voice crying out on the cross

Saturday - picture Jesus' body wrapped for burial

### **EASTER SUNDAY 21 April**

Picture the cold tomb, a shrouded body, then look again and see the grave clothes lying - He is risen! Hallelujah! Rejoice, eat, celebrate, treat yourself and others! Sing glory and hallelujahs to God! He is risen!