

# A LENTEN JOURNEY



**Week 1: On the mountaintop** (Mark 9:2-8)

*Pray:* Ask God to meet with you this Lenten season

*Practice:* Take some time to be alone in silence and open your heart to God

**Week 2: Down to earth** (Mark 10:13-16)

*Pray:* Ask God to help you identify any ways you fail to fully respect people

*Practice:* Take a walk in nature and practice childlike wonder

**Week 3: In Jerusalem** (Mark 11:15-18)

*Pray:* Ask God to help you stand openly, honestly, and humbly for justice

*Practice:* Use your voice for a cause close to your heart; or for suggested links, see [www.crc.org/advocacy-ideas](http://www.crc.org/advocacy-ideas)

**Week 4: On the horizon** (Mark 13:28-37)

*Pray:* Ask the God of peace to calm any anxiety you may be experiencing

*Practice:* Try to live in the moment this week, with eyes open to God's presence in the world

**Week 5: In the company of friends** (Mark 14:3-9)

*Pray:* Ask God to help you be less critical and judgmental of others

*Practice:* Find a way to practice generosity this week

**Week 6: Beyond the wall** (Mark 11:1-11)

*Pray:* Imagine yourself at the gates of Jerusalem and welcome Jesus

*Practice:* Identify the people and things in your life that bring joy and hope

**Week 7: At the empty tomb** (Mark 16:1-8)

*Pray:* In the midst of Easter joy and fear, a sense of God's presence and absence, rest in the strength of God's life-giving love

*Practice:* Help a friend or neighbor to celebrate the gift of life this week