

## 02-26-23 FOR THE JOURNEY THIS WEEK

“Lenten penitence engages the dark places in our lives that we may come face to face with them, name them, understand them, and seek forgiveness... It is not about guilt. It is about freedom from the control that our fears and insecurities have over us all, about the amendment of life and new beginnings.”

- *Maryetta Anschutz*



Matthew 4:1-11

### Questions for Reflection —

- What does it look like for you to keep a holy Lent? How are you preparing your heart for the Lenten journey? What might you take on (e.g. a new spiritual practice, a new form of service to others) during Lent in order to deepen your walk of Christian discipleship? What will help you grow in faith and bring you closer to Jesus during the forty days of the Lenten journey? How can we as a congregation better support and care for one another in our corporate journey?
  
- What sorts of temptations have you faced in your life? What has helped you to overcome them? What worldly values presently tempt you away from following God’s word? How are you currently being tempted to use your abilities and resources to achieve desired human ends? What does it look like for you instead to live on God’s word? What will help you be more attentive to God’s ways?
  
- In what areas of your life might you be falling short of God’s desires for you? What will help you realign your life with God’s intentions? What is the new beginning you need during this Lenten season? What might you be called to be or do differently? What weaknesses and brokenness do you perceive in the institutional church? How can we reclaim and renew our commitment to be the people of God? What might we as a congregation be called to do differently?

### Daily Household Prayer (Lenten Prayer)

Almighty God, your Son fasted forty days in the wilderness, and was tempted as we are but did not sin. Give us grace to direct our lives in obedience to your Spirit, that as you know our weakness, so we may know your power to save. Throughout these forty days, by the grace and power of your Holy Spirit cleanse our hearts of all that is not holy and cause your gift of new life to flourish once again. Grant this through Jesus Christ our Redeemer. Amen.