

LENT



PRAY + FAST + GIVE

SECOND WEEK OF LENT: WALKING & JOURNALING

WALKING PRAYER

"While they were talking and discussing, Jesus himself came near and went with them, but their eyes were kept from recognizing him."

—Luke 24:15-16

Thought: We run into Jesus along the way.

Question: When you walk where does your mind tend to wander to?

An Exercise: Take a walk with Jesus (doesn't have to be long or fast). Begin the walk by giving thanks for all the good gifts God has given you. Remember those in need. Pray for neighbors you see. Think about a bible story and rehearse it in your head as you walk.

PRAYING WITH YOUR PEN

"I, John, your brother who share with you in Jesus the persecution and the kingdom and the patient endurance, was on the island called Patmos because of the word of God and the testimony of Jesus. I was in the spirit on the Lord's day, and I heard behind me a loud voice like a trumpet saying, 'Write in a book what you see and send it to the seven churches, to Ephesus, to Smyrna, to Pergamum, to Thyatira, to Sardis, to Philadelphia, and to Laodicea.'"

—Revelation 1:9-11

Thought: The Bible leads to writing.

Question: Do you ever look back at things you wrote as a child? Letters from some earlier time? What do they reveal about you?

An Exercise: For the next week, keep a journal. Begin each entry with "Yesterday God..." and go from there.