

lenten guide 2024

new community

spokane, washington

**New Community; this lenten season:**

May God bless you with discomfort at easy answers, half-truths, and superficial relationships so that you may live deep within your heart.

May God bless you with anger at injustice, oppression, and exploitation of people, so that you may work for justice, freedom, and peace.

May God bless you with tears  
To shed for those who suffer pain, rejection, hunger and war,  
So that you may reach out your hand to comfort them and  
To turn their pain into joy.

And may God bless you with enough foolishness  
To believe that you can make a difference in the world,  
So that you can do what others claim cannot be done  
To bring justice and kindness to all our children and the poor.  
Amen.

[franciscan prayer]

genesis 9:8-17  
psalm 25:1-10  
1 peter 3:18-22  
mark 1:9-15

[sunday, february 18th]

pray

Lord Jesus, we forget too easily that you are for us. We forget that you were tempted in every way, and that you overcame. We thank you for your faithfulness-then and now-to the will of the Father.

We call you Emmanuel, God with us, and yet we often hold you at a distance. We say, "You never felt these struggles, this pain, this isolation. You don't understand the stress in my life."

Forgive us, Lord. Forgive us for the times we fail to recognize that you have committed yourself to live in solidarity with us, to share our joys and pains, to defend and protect us, and to suffer all of life with us.

We confess that you are our helper and our refuge, and that you are with us-always. Grant us hearts that dwell in your presence in all circumstances. Amen.

ask

how has God revealed Himself as being Emmanuel ("God with you") recently?  
in what way are you holding God at a distance?  
list two ways that God is "for you" as you wrap up your prayer time.

quote for the week of reflection

“For a very long time I considered low self-esteem to be some kind of virtue. I had been warned so often against pride and conceit that I came to consider it a good thing to deprecate myself. But now I realize that the real sin is to deny God’s first love for me, to ignore my original goodness. Because without claiming that first love and that original goodness for myself, I lose touch with my true self and embark on the destructive search among the wrong people and in the wrong places for what can only be found in the house of my Father.”

Henri Nouwen

**monday**

[psalm 63]

[1 corinthians 1:17-31]

**tuesday**

[deuteronomy 8:1-10]

[matthew 3:1-17]

**wednesday**

[deuteronomy 8:11-20]

[john 2:13-22]

**thursday**

[deuteronomy 10:12-22]

[john 3:1-14]

**friday**

[deuteronomy 11:18-28]

[john 3:15-21 + 31-36]

**saturday**

[psalm 55]

[john 4:1-26]

pray

Our Father, who art in heaven,  
Hallowed be thy name.  
Thy kingdom come,  
Thy will be done,  
On earth as it is in heaven.  
Give us this day our daily bread,  
And forgive us our trespasses,  
As we forgive those who trespass against us.  
And lead us not into temptation,  
But deliver us from evil.  
For thine is the kingdom and the power  
and the glory, for ever and ever.  
Amen.