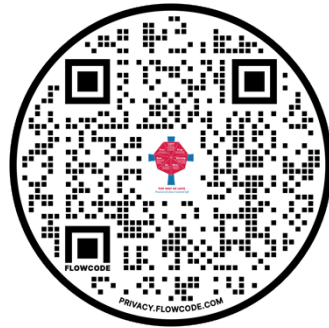


March 6, 2022 – Lent 1 (C)
Week 1: Life Transformed – The Way of Love in Lent

The journey through Lent into Easter is a journey with Jesus. We are baptized into his life, self-giving, and death; then, we rise in hope to life transformed. This Lent, communities are invited to walk with Jesus in his Way of Love and into the experience of transformed life. Together, we will reflect anew on the loving actions of God as recounted in the Easter Vigil readings. Together, we will walk through the depths of salvation history into the fullness of redemption. Throughout Lent, come along with us as we explore Life Transformed: The Way of Love in Lent, produced by Hillary Raining and Jenifer Gamber. You can find resources mentioned below at iam.ec/lifetransformed or by scanning the QR code to the right.



Week 1
Sunday, March 6

Today's Practice: Watch the Rev. Dr. Hillary Raining's video at iam.ec/lifetransformed for Week 1. The topic is based on the practice "Turn" and is titled, "Dead to Sin, Alive in Christ".

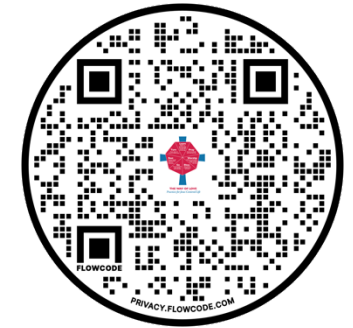
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Today's Prompt: Where can you go and intentionally provide kindness?

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Read: “Blessed are those who mourn, for they will be comforted.” - Matthew 5:4

Tuesday, March 8

Today’s Prompt: Go for a walk today and pray with your feet, each step with intention.

Read: “Many peoples shall come and say, ‘Come, let us go up to the mountain of the Lord, to the house of the God of Jacob; that he may teach us his ways and that we may walk in his paths.’” - Isaiah 2:3a

Wednesday, March 9

Today’s Prompt: Where do you see the seven practices of the Way of Love in this story?

Read: “But finding no way to bring him in because of the crowd, they went up on the roof and let him down with his bed through the tiles into the middle of the crowd in front of Jesus.” - Luke 5:19 and following

Thursday, March 10

Today’s Prompt: Who has taught you to live a Jesus-filled life? Who have you taught?

Read: “So we do not lose heart. Even though our outer nature is wasting away, our inner nature is being renewed day by day.” - 2 Cor. 4:16

Friday, March 11

Today’s Prompt: What is most meaningful to you in worship?

Read: Book of Common Prayer, p. 281

Saturday, March 12

Today’s Prompt: How do you incorporate rest in your life?

Read: “Thus says the Lord: Stand at the crossroads, and look, and ask for the ancient paths, where the good way lies; and walk in it, and find rest for your souls. But they said, ‘We will not walk in it.’” - Jer. 6:16

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