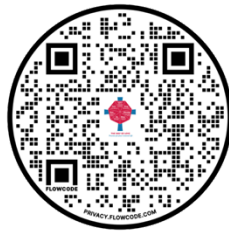


**February 26 – Lent 1 (A)**  
**Week 1: Life Transformed – The Way of Love in Lent**

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](http://iam.ec/lifetransformed) or by scanning the QR code to the right.



**Week 1**  
**Sunday, February 26**

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

*Read:* Romans 6:3-11

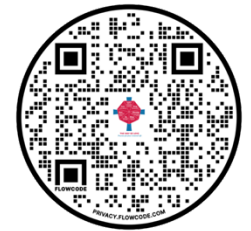
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*Today's Prompt:* Who has taught you to live a Jesus-filled life? Who have you taught?

*Read:* "So we do not lose heart. Even though our outer nature is

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wasting away, our inner nature is being renewed day by day.” – 2 Corinthians 4:16

### **Tuesday, February 28**

*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.’” – Is. 2:3a

### **Wednesday, March 1**

*Today's Prompt:* How can you build pauses into the day to reflect on the work of the Spirit?

*Read:* “I am the vine; you are the branches. Those who abide in me and I in them bear much fruit, because apart from me you can do nothing.” – John 15:5

### **Thursday, March 2**

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

*Read:* Book of Common Prayer, p. 281

### **Friday, March 3**

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

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

### **Saturday, March 4**

*Today's Prompt:* Notice the pattern of your breathing. Pray for awareness of blessings.

*Read:* “Then the Lord God formed man from the dust of the ground and breathed into his nostrils the breath of life, and the man became a living being.” – Jer. 6:16

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