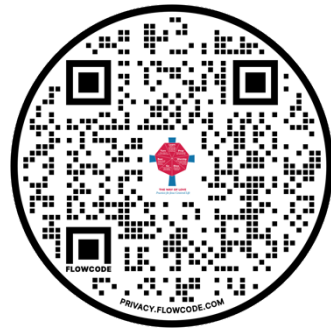




March 9, 2025 – Lent 1 (C)
Week 1: Life Transformed – The Way of Love in Lent

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 9

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".

Read: Romans 6:3-11

Monday, March 10

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

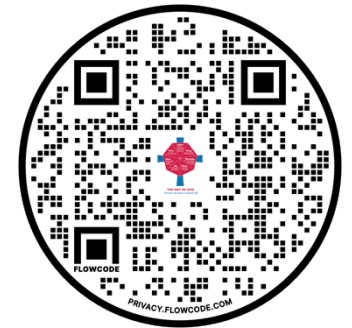
Read: Book of Common Prayer, p. 281

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Tuesday, March 11

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 12

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

Read: “They were trying to bring him in and lay him before Jesus, but, finding no way to bring him in because of the crowd, they went up on the roof and let him down on the stretcher through the tiles into the middle of the crowd in front of Jesus..” – Luke 5:19

Thursday, March 13

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 Corinthians 4:16

Friday, March 14

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 15

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

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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