



Lent 2021 Our Journey to the Cross
Nativity Lutheran Church
Week 1 February 24
Theme: Focus

Holden Evening Prayer

Introduction to Lent

What is Lent?

WHAT IS LENT?

Lent is a time of prayer and penance, when Christ wants to lead us back to our baptismal promises of dying to sin and of living for God.

WHEN IS LENT?

Lent begins on Ash Wednesday and continues until the afternoon of Holy Thursday. It runs for about 40 days.

WHY 40 DAYS? The "40 days" (not including Sundays) of fasting, prayer, and penitence before Easter reflect Jesus' 40 days in the wilderness.

WHAT SHOULD WE DO DURING LENT?

1. Turn away from our sins and turn back to God. Detach from habits and tendencies that are contrary to God's will. Lent is a time of conversion.
2. Open our hearts to our Father, so that we may live with Christ for God. Jesus is calling us to be people of praise and prayer, and living signs of his love for all.

"This time of fasting opens the gates of heaven to us. Let us welcome it and pray that when Easter comes we may share the joy of the risen Lord."
LENTEN RESPONSORY

Archdiocese of Toronto | www.archtoronto.org
Text from Canadian Conference of Catholic Bishops "Living Lent"

A Time to reconcile and Refocus

I am certainly not ready for Lent yet... I could have used a few more weeks to get ready for this season of repentance, prayer and preparation....

I spoke about how Jesus stressed the hidden life. Whether we give alms, prayer, or fast, we are to do it in a hidden way, not to be praised by people but to enter into closer communion with God. Lent is a time of returning to God. It is a time to confess how we keep looking for joy, peace, and satisfaction in many people and things surrounding us, without really finding what we desire. Only God can give us what we want..... Lent is a time of refocusing, of reentering the

place of truth, of reclaiming our true identity.
The Diary of His Final Year

-Henri J.M. Nouwen, Sabbatical Journey:

Scripture

Isaiah 51:13-16 New Revised Standard Version

¹³ You have forgotten the LORD, your Maker, who stretched out the heavens and laid the foundations of the earth. You fear continually all day long because of the fury of the oppressor, who is bent on destruction. But where is the fury of the oppressor?

¹⁴ The oppressed shall speedily be released; they shall not die and go down to the Pit, nor shall they lack bread. ¹⁵ For I am the LORD your God, who stirs up the sea so that its waves roar— the LORD of hosts is his name. ¹⁶ I have put my words in your mouth, and hidden you in the shadow of my hand, stretching out^[a] the heavens and laying the foundations of the earth, and saying to Zion, “You are my people.”

Prayer: Savior God, teach me how to reconcile and resolve my internal warfare, confusion, and dissent, so that I can find the calm and hidden place where your peace and protection reside. Let this calm within be the basis for my reconciliation with others. And help me to neutralize the temptations and easy enticements of modern life. Amen.

Talk with those in your home for a few minutes about how you can practice the Lenten Action. If you live alone perhaps you can talk with a friend.

Lenten Action: Look closely at one difficulty you perceive in your life. Give up being the “victim” in this situation and plan to take one positive step to resolve this issue and move toward a settlement. Ask for God’s help in this process.

Resources:

<https://www.bing.com/images/search?view=detailV2&ccid=kCmvpqsl&id=258F156595B252638D36356EF2302B7943B5D26D&thid=OIP.kCmvpqsl4qhcOkffE0I7RwHaHa&mediaurl=https%3a%2f%2fwww.archtoronto.org%2flent%2fPublishingImages%2finfographics%2fwhat-is-lent.jpg&exph=1200&expw=1200&q=what+is+lent&simid=608016629387691871&ck=7CBEEF76E4C2DC76FBF31F008867696&selectedIndex=13&FORM=IRPRST&ajaxhist=0>

<https://www.biblegateway.com/passage/?search=Isaiah+51%3A13-16&version=NRSV>

Beloved, Henri Nouwen in Conversation, Henri J.M. Nouwen with Philip Roderick, 2007, Eerdmans Publishing

Lent and Easter Wisdom from Henri J.M. Nouwen compiled by Judy Bauer, 2005 Liguori Publications

The Way of the Heart Connecting With God Through Prayers, Wisdom, and Silence, Henri J.M. Nouwen, 1981 Ballentine Books