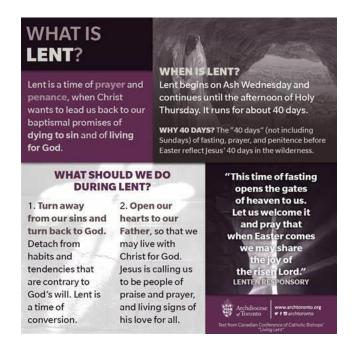




Lent 2021 Our Journey to the Cross Nativity Lutheran Church Week 1 February 24 Theme: Focus

Holden Evening Prayer
Introduction to Lent
What is Lent?



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:

 $https://www.bing.com/images/search?view=detailV2\&ccid=kCmvpqsL\&id=258F156595B25263\\8D36356EF2302B7943B5D26D\&thid=OIP.kCmvpqsL4qhcOkffE0I7RwHaHa\&mediaurl=https%3a\\%2f%2fwww.archtoronto.org%2flent%2fPublishingImages%2finfographics%2fwhat-is-lent.jpg&exph=1200&expw=1200&q=what+is+lent&simid=608016629387691871\&ck=7CBEEDF76E4C2DC76FBF31F008867696\&selectedIndex=13\&FORM=IRPRST\&ajaxhist=0$

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