



ECMN+

Lenten Spiritual Practices 2022

You are invited to observe a Holy Lent using the spiritual practices found below. The intent is not to add “one more thing” to your busy life, but to help you slow down so God can fill you spiritually. The practices begin on Ash Wednesday. A new one is introduced each week. As you engage in these practices, know that you are not alone. You are joined by Episcopalians all over Minnesota, as we intentionally root ourselves in the life and love of the one who gave himself so that we might live.

Ash Wednesday, March 2 - Saturday, March 5: Introspection

Ponder the following question: What might the Holy Spirit be calling you to let go of this Lent so you have more space for God and others? Consider journaling your responses.

Week of March 6: Using Your Imagination

Picture Jesus walking toward you, looking at you with deep compassion and stretching out his hands. Imagine Jesus taking both your hands in his. Feel the warmth; the love; the sense of security, come what may. There is a Celtic encircling prayer you can say as you picture yourself in Jesus' presence (you might pray one or two lines, or all of them):

I place my hands in yours, Lord.
I place my will in yours, Lord.
I place my days in yours, Lord.
I place my thoughts in yours, Lord.
I place my heart in yours, Lord.
I place my hands in yours, Lord.

Revised version. The original may be found in Lyn Klug, Ed., All Will Be Well: A Gathering of Healing Prayer



Week of March 13: *Lectio Divina*

Take a few minutes each day to engage in *Lectio Divina*, the holy or meditative reading of scripture. You can use one of the Sunday scripture readings, the scripture appointed for Lent in our diocesan Dwelling in Scripture practice, a passage of scripture you feel drawn to, or one of the Daily Office readings found on pages 936-995 of the Book of Common Prayer (the Daily Office runs on a two year cycle).

1. **Reading:** Begin reading, stopping when a word or phrase captures your imagination. The intent is not to get to the end of the passage, but to the word or phrase through which God touches you or piques your curiosity.
2. **Reflection:** Reflect on the possible spiritual meaning of the word or phrase for your life, and for the life of your faith community. Don't try to force meaning. The meaning may not be clear. God is at work in you at a deep precognitive level, and you don't have to understand what is happening. Your steady trust and openness to God is what is important.
3. **Prayer:** Pray for your heart to open to God through this word or phrase, and for your will to open to God in responsive action, as may be called for.
4. **Still Presence:** Move to a still presence in God's spacious love. Images and feelings may arise. Be compassionate to yourself and seek rest in God

Week of March 20: The Last 24 Hours or *The Examen*

After quieting yourself down and becoming centered in the present moment, spend some time going back over the events of the past 24 hours. Recall as much detail as you can: where you were, what you did, what you said, what was said to you, how you felt, etc. Then do the following:

- Call to mind two or three things from the day for which you would like to thank God.
- Call to mind two or three things from the day which caused you concern, anxiety, or worry, and offer them to God.
- See if you can identify one point during the day where God touched your life, where God was revealed to you or spoke to you in some way.



Week of March 27: Breath Prayers for Stillness

In order to get in touch with the God of all creation we must be still. As followers of the Way of Jesus we want our lives, choices, and actions to spring from our rootedness in God, and from the love of God which expands our hearts and minds. Pray one of the following prayers one or multiple times each day, moving into a period of silence:

- Lord, come to me, my door is open.
- Into your hands I commend my spirit.
- God, I wait for your healing, your peace, and your Word.
- Let not your heart be troubled, neither let it be afraid.
- God of creation, heal and renew me and your earth.

Revised version. The original may be found in Lyn Klug, Ed., All Will Be Well: A Gathering of Healing Prayer

Week of April 3: Dwelling in the World

Reflect on a time during the day or previous week when you had an opportunity to share God's peace with someone (this could be a co-worker, stranger, neighbor, family member, etc.). Sharing the peace means participating in God's life and work to bring healing and wholeness. Sharing the peace can come in many forms: acknowledging the presence and humanity of the person ringing up your groceries or delivering your mail, making time to listen to a neighbor (even from a distance!), delivering a meal or plant, or supporting someone who is isolated, stressed out or depressed, whether that be a friend, family member, co-worker, or someone you've just met.

Go back imaginatively into that encounter. What might God have been up to there? If you were to return to that relationship, what might God want to do?