

LENT DEVOTIONS OVERVIEW

There are certain seasons of the church year, like Lent and Advent, that are great opportunities to say, "We're going to try something new for the next few weeks." These seasons invite us to be intentional about connecting more closely with God. Lent, in particular, challenges us to examine our lives through some spiritual practices, like prayer and fasting, as a means to prepare ourselves for the fullness of the resurrection of Jesus at Easter.

It can be challenging to find meaningful ways to engage in faith formation. It can even feel awkward at times. We don't always know what to do, and sometimes we have a difficult time finding the words to share our own faith with others. We hope that by providing you with these resources, you can take some time to slow down, engage in great conversations, try new things, and have fun as you take this Lenten journey with us.

THE DEVOTIONS: This year's Lenten devotions are based on the Gospel passages from the Revised Common Lectionary scripture readings (Year B) and are written so they can be used by both children and adults. We believe you'll find questions and discussion topics in each devotion that will work for you, no matter the age. At the same time, we invite you to feel free to tweak the content and questions to work for you and/or your family. Don't feel like you need to do all the activities for it to be a meaningful experience. Each devotion consists of the below elements, and we invite you to take a look at the devotions and see what you think will work best. At any time, you can find each week's devotion at www.gracepointchurch.ca, in case you have missed a Sunday or lost your bulletin.

SCRIPTURE: The Gospel passages come from the Revised Common Lectionary (Year B) for Lent.

DISCUSSION: This is a chance for some reflection and/or discussion. We suggest reflecting/discussing the questions over dinner or a quiet afternoon.

FAMILY ACTIVITY: The activity provided each week invites you into an act of fasting that is aligned with the week's scripture reading. Each activity is written to allow for your act of fasting to both challenge you and be incorporated simply into your week. Feel free to adjust for you and/or your family so that it works within your daily lives and also opens you up to mindfully participating in the opportunity for spiritual formation.

PRAYER: Finally, each week's devotion ends with a short prayer that you can say or invite others to repeat after you. This is a simple ritual to end your weekly devotion time and can also be used as a prayer throughout the week.