

02.27.2020 (Day 1)

For Reflection:

Today we begin our Lenten journey. “My salvation and my honor depend on God,” declares the Psalmist, “He is my mighty rock, my refuge” (Ps 67:2 NIV). Are you ready to begin to climb this important Rock? Through the utilization of spiritual disciplines (practices) we can put ourselves “in a place where we can begin to notice God and respond to his word to us” (The Spiritual Discipline Handbook, Adele Ahlberg Calhoun). Spiritual practices are time tested means of grace that meet us in our deepest desire for a relationship with God--a desire that often gets pushed aside as we pursue lesser and sometimes even harmful aspirations.

Today’s Scripture: Matthew 11:28-30 (The Message)

“Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you’ll recover your life. I’ll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won’t lay anything heavy or ill-fitting on you. Keep company with me and you’ll learn to live freely and lightly.”

Questions to Ponder:

What is heavy or ill-fitting in your life today? What needs to be recovered? Are you open to keeping company with Jesus this Lenten season?

Prayer:

Dear Jesus, will you make yourself known to me today? I will try to make myself available to you. Amen.

Practice: Breath Prayer

Become comfortable. Breathe deeply. Intentionally place yourself before God. In rhythm with your breathing, gratefully inhale the breath of life. Exhale remembering that Jesus gave his last breath for love of you. Gently and thankfully, repeat, “Breath of life, breathe on me.” (from The Spiritual Discipline Handbook, Adele Ahlberg Calhoun/Breath Prayer)