

LIVING THROUGH LENT 2025

Instructions: Each week, choose a symbol to reflect on as you make your way through the season of Lent. You can do this activity alone or with a friend or family member(s).

Sand Hold the bag of sand in your hand. Read and reflect:

Just between his baptism and the beginning of his adult ministry, Jesus went into the wilderness, crossing the desert and rocky earth for 40 days, “to be tested”. What constitutes wilderness in your life? What have you learned there? How do you know you have left the dessert or wilderness for a new life in Christ?

Read: Mark 1: 9-13

Action: Take a walk outside. Think about what it may have been like for Jesus to wander for 40 days.

Rock Take the rock out of the bag. Read and reflect:

While in the wilderness, Jesus was invited to transform stone into bread. Though he resisted the temptation there and then, he became justly renowned for feeding people who were hungry for food, or for love, or for a word of encouragement, or simple acceptance. Might there be a stony place in you that needs transforming? Some attitude or habit that, with a little attention, might even become a gift for you and others?

Read: Matthew 4:1-11

Action: Send a card or make a phone call to someone you haven’t talked to in a while.

Human Figure Find the wooden clothespin figure. Read and reflect:

Because Jesus was, as we confess, fully human, he gets us, understands us from inside our skin, and knows from experience that we’re each capable of great things, Godly things. And no matter what we do, he keeps on inviting us to join in his work, which has become our own work. this Lent, what might you plan to do over these 40 days? When Easter arrives, will you reflect Christ who lives in and through you?

Read: Luke 6: 47-49

Action: Donate items or time to a charity doing Godly work in the community. (Clothes Closet, One Valley Free Store, 8th Ave Place, etc.) If you are unable to donate items or time, spend time in prayer for the charities and volunteers that are making a difference in our own local community and around the world.

Candle Light the votive candle. Read and reflect:

Lent begins in the dimness of late winter and ends with the burst of bright spring. Jesus is, according to John's gospel, the "light of the world". That light, shone bright in the disciples, who chose to follow Jesus. Jesus insists to us that we are the light of the world. So where do you shine? How do you keep your light lit? How can you help "light" others "candles"?

Read: Matthew 5: 14-16

Action: