



Lent at Home Devotional

Week One (Feb. 17 - Feb.27)

Gather a Bible, a Cross, a candle, pen/pencil, blank paper, lighter/matches and find a quiet place & time.

Place your gathered items in such a way that you have easy access to them.

Begin by Lighting the Candle.

Take 3 Big Deep Breathes and then say:

“Yet even now, says the Holy One,
return to me with all your heart.
Return to your God who is gracious and
merciful and abounding in steadfast love.”
(Joel 2: 12-13)

Listen to “Create in Me” by The Acappella Company
(<https://www.youtube.com/watch?v=noUeQQ64Q1I>)

Lyrics:

Create in me a clean heart oh God
Let me be like you in all my ways
Give me your strength, teach me your song
Shelter me in the shadow of your wings
For we are your righteousness
If we die to ourselves and live through your death
Then we shall be born again
to be blessed in your love!

Read Psalm 25: 1-10

Focus:

Lord, remember your compassion
and faithful love – they are forever!
Remember me only according to your faithful love
for the sake of your goodness, Lord.

Consider Your Heart

Draw a heart on your piece of paper. Take some time to reflect
on the emotions you've felt this past year.

Remembering is a powerful spiritual discipline. And our
emotions and feelings change over time.

Inside the heart, write the times you've felt angry, disappointed, scared, lonely this
past year, as well as times that you've felt joy, kindness, loved, wonder, and patience.
Your heart is a conduit to God!

God accepts and loves you as you are and with the emotions that you are feeling.
And God loves us so much not to leave us just as we are.

Conclude your heart exercise by lifting your heart to God praying:
"Loving God, in your mercy, receive my heart this day."

Offer the Daily Prayer and extinguish your candle.

Daily Prayer (For use during the first week of Lent Feb. 17 - Feb.27)

O God, this day receive my heart as it is
as I open myself to you;
fill me with your love.

O Christ, walk with me this day
on my Lenten pilgrimage;
let your heart shine through me.

O Spirit, awaken me to beauty
and wonders all around me;
alert me to the needs
and suffering of others;
use me as an instrument of mercy
as I serve in your name.

Amen.

