

Lent 2020 Reflection Questions



embracing my humanity in trust

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8 How does dwelling on your mortality sit with you? What thoughts and emotions do you find yourself avoiding?	9 Take a walk today. What signs of nature beginning and ending do you encounter?	10 What is one way you might like to try exercising patience this week?	11 Pay attention to the silence within your conversations today. What do you hear in the silence?	12 What is the most difficult time of Lent for you – the beginning, middle, or end? What might that reflect?	13 Spend a few moments considering what life lessons have taught you about humility.	14 Call a friend or family member you haven't spoken to in a while. Learn something from them.
15 Slow down. Spend a few minutes in touch with your breath. What emotions surfaced?	16 What is the first thing you noticed this morning? What did you focus on? How did that influence your day's trajectory?	17 What difference would it make to your church life & walk of faith if you routinely used the phrase 'student of Jesus' instead of 'Christian'?	18 Feel the weight of a handful of dirt, considering what it means that we 'are dust, and to dust we will return.'	19 Be alert to one of your internal biases today. What assumptions do you hold?	20 What does it mean to you that God is present in both our living and our dying?	21 How can you put your humanity before your ideology today?
22 Where do you see darkness in your day, and where do you see light? Why might we need both?	23 Write a letter to someone you have lost, either to death, distance, or distaste.	24 Where do you see the miraculous in the common today?	25 Ask yourself 'who am I living for?'	26 Break the silence with someone you haven't spoken to in a long time.	27 Where do you see God? How does your definition of the word 'God' influence this?	28 Turn your phone off for the afternoon. Journal where it takes your mind.
29 What is one way you might exercise humility this week?	30 Try and ask yourself the question 'why' as many times as you can today. What comes up for you?	31 What does the word 'Spirit' mean to you? What is the spirit of the space you occupy today?	1 Try and ask yourself 'what' as many times as you can today. What comes up for you?	2 In what ways does the phrase 'interdependent creatureliness' speak to you?	3 Read Hebrews 1:10-12 and dwell a moment on God's constancy.	4 How might you best walk the line between a fear and an acceptance of death?
5 Join us for Palm Sunday.	6 To what extent do you personally have an 'abundance' or a 'scarcity' mindset? How does this influence your life?	7 In light of the coming of Easter, what is one way you'd like to try exercising gratitude this week?	8 How might you open yourself to see the surprises of God?	9 What does it mean to you that 'death does not have the final word'?	10 Join us for the Good Friday Service.	11 How has your image of God and yourself changed over the last 40+ days?

"Where, O death, is thy sting? O grave, where is thy victory?"