

WHAT'S IN A NAME?

FRIEND

TEACHER

WAY

PRESENCE

SAVIOR

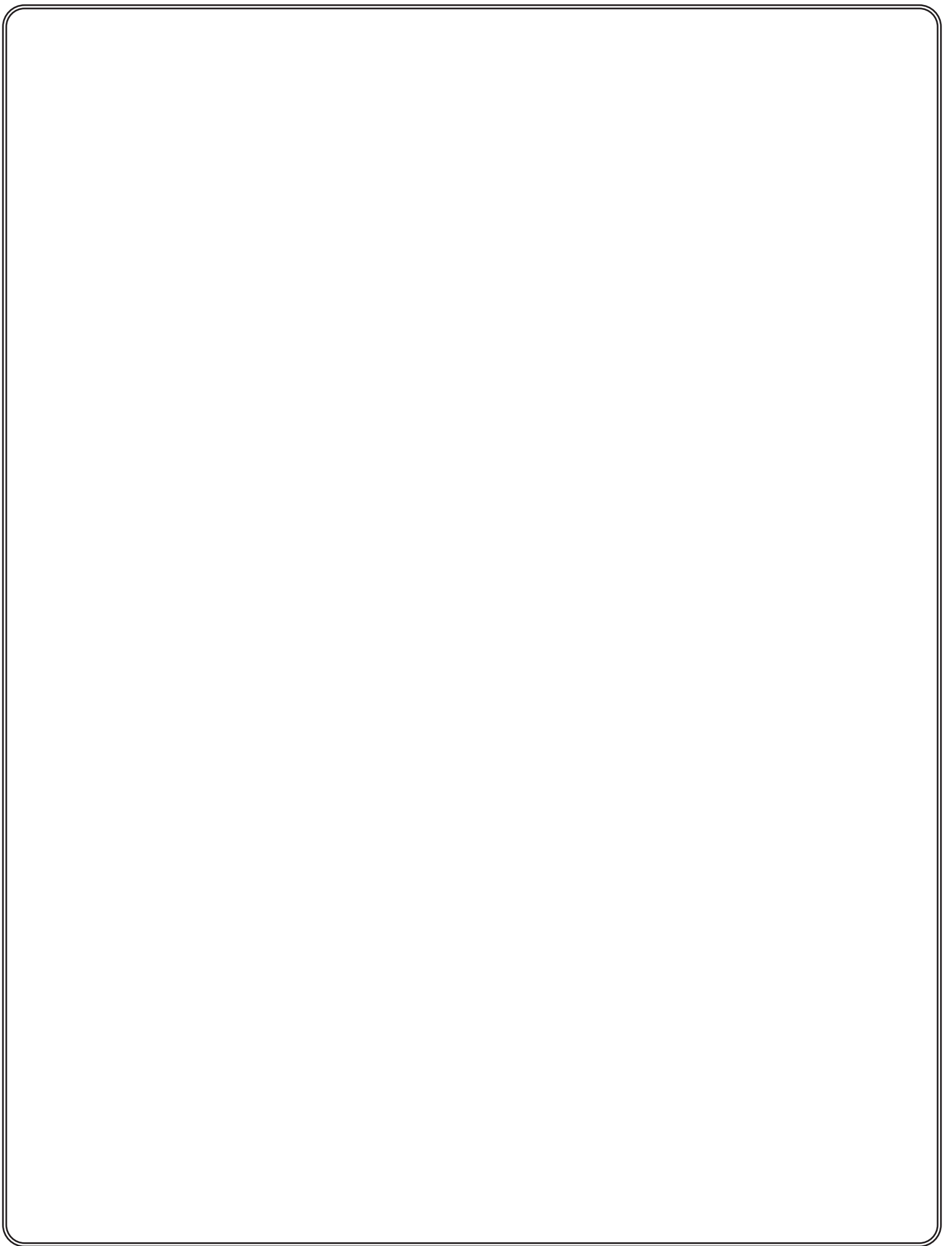
LORD

LENTEN JOURNAL 2022



FLORIS • RESTORATION

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This Journal Belongs to

Welcome to the season of Lent, a period in which Christians remember the events leading up to and including the death of Jesus, whose life and teachings are the foundation of Christianity.

Lent begins on Ash Wednesday, March 2. We will explore the different names we call Jesus in a sermon series titled What's in a Name? Names matter. What you call someone defines your relationship, your loyalty and your love. Jesus was called many names by his disciples. What they mean and how we interpret them can inform our relationship with Jesus. These titles teach us a lot about new ways to relate to Christ, and ways our lives can be transformed by him.

The names we will explore are

Friend



Presence



Teacher



Savior



Way



Lord



United Methodists celebrate Lent as a time of reflection and self-analysis and intentional consideration of what we believe and stand for as Christians. At the end of 40 days, we will emerge with a renewed understanding of the magnitude of Jesus' sacrifice for us and a renewed trust in God's sovereignty in the light of the greatest celebration that the universe has ever known: **Easter.**

How to use this journal

- 1 Open your journal each day and read the daily scripture.
- 2 Write down your reflections in the journal.
- 3 Join a Lenten group study, meet and discuss the sermons and scripture each week.
- 4 Attend worship throughout Lent and use the notes section to write down important ideas.

Worship Services During Lent

- Wednesday, March 2 **Ash Wednesday**
- Sunday, March 6 **The Name Above Every Name**
- Sunday, March 13 **Friend**
- Sunday, March 20 **Teacher**
- Sunday, March 27 **Way**
- Sunday, April 3 **Presence**
- Palm Sunday, April 10 **Savior**
- Thursday, April 14 **Holy Thursday**
- Friday, April 15 **Good Friday**
- Easter Sunday, April 17 **Lord**

Reflecting on Scripture

Spending time reflecting on the meaning of scripture has been an integral part of the Christian tradition for nearly 2,000 years. Perhaps you have heard the process described as sitting with scripture/the Word and how scripture speaks, or even *Lectio Divina* (or Divine Reading). However it has been described, the practice of reflection is to allow scripture to move from our mindful processing of the words to the truth it speaks in our hearts. In other words, to allow the Holy Spirit to move us from the intellectual experience to the spiritual.

To reflect or meditate on scripture requires focused quiet solitude to allow the Word to permeate. Begin by sitting upright comfortably. Breathe in deeply and release your breath slowly. Repeat several times while concentrating on your breathing. Begin to read the scripture verse(s) slowly. Try reading out loud. Read through several times. Begin to record your feelings and response to the passage by identifying the few words that resonate. Ask yourself, why these words in particular? What does that word mean? What is happening in my daily life that relates to this scripture passage? How does the scripture make me feel: Tense? Calm? Anxious? Why?

The Lenten season is about reflection. If you are having difficulty, try reflecting while walking or while drawing or doodling. Relax and enjoy the process. As the psalmist told us: **Be still and know that I am God. Psalm 46:10.**

Ash Wednesday



Wednesday, March 2

This Week's Scripture - 2 Corinthians

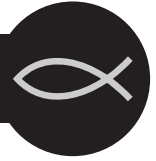
Key Verse

We implore you on Christ's behalf: Be reconciled to God.

2 Corinthians 5:20b

Reflection

The Name Above Every Name



Sunday, March 6-Saturday, March 12

This Week's Scripture - Philippians 2:1-11

Key Verse

...that at the name of Jesus every knee should bow, in heaven and on earth and under the earth...

Philippians 2:10

Reflection

Sermon Notes

Creative Space

Friend



Sunday, March 13-Saturday, March 19

This Week’s Scripture - John 15:12-15

Key Verse

I no longer call you servants, because a servant does not know his master’s business. Instead, I have called you friends, for everything that I learned from my Father I have made known to you.

John 15:15

Reflection

Creative Space

Teacher



Sunday, March 20-Saturday, March 26

This Week's Scripture - John 13:12-17

Key Verse

*You call me 'Teacher' and 'Lord,' for that is what I am.
John 13:13*

Reflection

Creative Space

Way



Sunday, March 27-Saturday, April 2

This Week's Scripture - John 14:1-14

Key Verse

You know the way to the place where I am going.

John 14:4

Reflection

Creative Space

Presence



Sunday, April 3-Saturday, April 9

This Week's Scripture - John 14:25-31

Key Verse

But the Advocate, the Holy Spirit, whom the Father will send in my name, will teach you all things and will remind you of everything I have said to you.

John 14:26

Reflection

Creative Space

Savior



Sunday, April 10-Saturday, April 16

This Week's Scriptures - Isaiah 43:1-11 • Luke 2:11

Key Verse

I, even I, am the Lord, and apart from me there is no savior.

Isaiah 43:11

Today in the town of David a Savior has been born to you; he is the Messiah, the Lord.

Luke 2:11

Reflection

Sermon Notes

Sermon Notes

Creative Space

Lord



Easter Sunday, April 17-Saturday, April 23

This Week's Scripture - Luke 6:46-47

Key Verse

Why do you call me, 'Lord, Lord,' and do not do what I say?

Luke 6:46

Reflection

Creative Space

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