

# Lenten Meditations

Ash Wednesday - First Week of Lent

February 14 - 24

## Emphasis: Searching

We begin the Lenten season with Ash Wednesday, a day in which we remember that we have been given life by God and that in the end of our life we return to God. Between those two events there is born within us a desire for God, to find our true meaning in life. It is a life-long search and yearning for God. Our scriptures for these days begin with some traditional Lenten passages, and then on Sunday turn to varying biblical examples of what our search looks like. In these passages we will see some who are searching deeply for God and others who when they find God decide that God is not what they desire. In other words, sometimes the searching is not just our searching for God, but God seeking to claim and find us.

## Prayer for the Week

Keep me, above all things, from sin. But give me the strength that waits upon you in silence and peace. Give me humility in which alone is rest, and deliver me from pride which is the heaviest of burdens. And possess my whole heart with the simplicity of love. Occupy my whole life with the one thought and the one desire of love, that I may love for You alone. (Thomas Merton)

## Prayer Practice: Breath Prayer

“Breath prayer is a gentle way to begin exploring what it means to pray contemplatively. In true contemplative prayer, there is nothing to do but simply be with God. Breath prayer gives you something to do, but also allows space just to be. By focusing on your breath, you draw your attention to the present moment. You set aside worries and distractions and offer the simple words you are breathing to God.” Tracey Marx *Exploring Contemplative Prayer*

Find a place set aside from your normal daily activities. Take a relaxing position and then begin to be aware of your breathing. As you breathe in, address God in a way that is right for you; as you breathe out ask God for what you need.

Example:      As you breathe in: Holy God

                  As you breathe out: Give me peace

You may change your words each day. Keep them simple

## Daily Scripture Readings

February 14 (Ash Wednesday)

Joel 2:1-2, 12-17

February 15 (Thursday)

Isaiah 58:1-12

February 16 (Friday)

Psalm 51:1-17

February 17 (Saturday)

2 Corinthians 5:20b -6:10

February 18 (Sunday)

Acts 8:26-39

February 19 (Monday)

John 4:1-42

February 20 (Tuesday)

Genesis 32:22-32

February 21 (Wednesday)

Mark 9:14-29

February 22 (Thursday)

Acts 16:11-15

February 23 (Friday)

Jonah 1:1-17; 3:1-10

February 24 (Saturday)

1 Kings 19:1-15

## Questions for Reflection

1. Which of the passages did you most relate to?
2. What are the different ways in which these passages speak of “searching”?
3. In what ways have you searched for God?