

Lenten Prayer CHALLENGE

<p><i>Lectio Divina</i> Pray with the story of Jesus' Temptation in the Desert Luke 4:1-13 Lectio-Meditatio-Oratio-Contemplatio</p>	<p><i>Journaling</i> Choose one of the Lenten hymns in our hymnal (#) Write a favorite lyric. Tell how this song connects to Lent and what it means to you.</p>	<p><i>Visio Divina</i> Choose a painting or statue in the church. Stand or sit where you can quietly reflect on its meaning. Lectio-Meditatio-Oratio-Contemplatio</p>	<p><i>Stations of the Cross</i> Choose a Stations book, sit or kneel, and read the reflections. Imagine yourself standing at the Cross with Mary.</p>
<p><i>Stations of the Cross</i> Choose one Station and compose your own reflection and prayer in your journal.</p>	<p><i>Lectio Divina</i> Pray with the story of the Last Supper Matthew 26:17-30 Lectio-Meditatio-Oratio-Contemplatio</p>	<p><i>Journaling</i> The three marks of Lent are prayer, fasting, and almsgiving. Write about how each of those both challenge you and help you.</p>	<p><i>Visio Divina</i> Choose a stained glass window. Stand or sit where you can quietly reflect on its meaning and beauty. Lectio-Meditatio-Oratio-Contemplatio</p>
<p><i>Visio Divina</i> Find an illustration in one of the Lent books. Notice the small details and pray about their meaning. Lectio-Meditatio-Oratio-Contemplatio</p>	<p><i>Stations of the Cross</i> Slowly walk all fourteen Stations, stopping at each to look at the art and say your own prayer.</p>	<p><i>Lectio Divina</i> Pray with the story of the Agony in the Garden Mark 14: 32-42 Lectio-Meditatio-Oratio-Contemplatio</p>	<p><i>Journaling</i></p> <ul style="list-style-type: none"> • Write your own Lenten themed poem or song • Draw a Lenten piece of art • Handletter/decorate a Lenten Bible verse
<p><i>Journaling</i> Imagine you are standing on the hill of Calvary on Good Friday. What do you see? What do you feel? What do you wonder?</p>	<p><i>Visio Divina</i> Gaze at the Crucifix quietly for a few minutes. Think about the wounds of Christ and His love for you. Lectio-Meditatio-Oratio-Contemplatio</p>	<p><i>Stations of the Cross</i> Read about the Crucifixion in any Gospel. What stories would you include in your own Stations of the Cross?</p>	<p><i>Lectio Divina</i> Pray with the story of Jesus' Crucifixion and Death John 19:16-42 Lectio-Meditatio-Oratio-Contemplatio</p>

Lectio - Meditatio - Oratio - Contemplatio
Read - Meditate - Pray - Contemplate