

# + Lent 2020

## EPHESIANS ROOTED & GROUNDED in LOVE

Each week of Lent, until Holy Week, we invite you to read one chapter of Ephesians. Read it several times throughout the week, in varying translations. Read slowly and contemplatively, asking God to speak to you as you read.

Feb. 26-29: Ephesians 1

Mar. 2-7: Ephesians 2

Mar. 9-14: Ephesians 3

Mar. 16-21: Ephesians 4

Mar. 23-28: Ephesians 5

Mar. 30-4: Ephesians 6

In Holy Week, we will read the Passion according to Matthew. Continue to read slowly and contemplatively.

Monday, April 6: Matthew 26:1-16

Tuesday, April 7: Matthew 26:17-46

Wednesday, April 8: Matthew 26:47-75

Thursday, April 9: Matthew 27:1-26

Friday, April 10: Matthew 27:27-54

Saturday, April 11: Matthew 27:55-56

Sunday, April 12: Matthew 28



### **Connect to God through His Word:**

Whenever you read Scripture, take your time. It's better to read a short amount and digest it fully than to read a long passage with no understanding. These questions can guide any Scripture reading:

What does the passage tell us about God?

What does it tell us about ourselves?

What is God doing?

What should we do in response?

### **Connect to God through Prayer:**

Don't worry about saying the "right" things. Simply talk to God about what you are reading, about your life, your joys and concerns. The more you do it, the more comfortable and natural it will become.

### **Connect to God through Reaching out:**

Lent is a great time to intentionally reach out in love to those around us. This year we invite you to try two things, both potentially challenging:

- Reach out to someone at church that you've never spent time with. Engage them in conversation, invite them out for coffee or over for dinner.
- Reach out to someone outside of church that you've never spent time with - perhaps a colleague or neighbour. Invite them to lunch or share some home-baked goodies.

May God bless you "as you are being rooted and grounded in love," Eph 3:17.