

Week 1: Ash Wednesday

Reflect: *Commit your way to the Lord; trust in him and he will act. (Psalm 37:4)*

As we begin this Lenten journey together, our focus for Week 1 begins with prayer. In the Psalms, the word “selah” is used to create a space to pause and reflect. During this 40-day journey, we will be pausing for prayer and reflection as a community.

The season of Lent can feel differently each year, depending on what is in our minds and hearts. Often, we choose to spend time in reflection, considering the sacrifice that Jesus made for us and preparing to celebrate his resurrection and coming again.

This year let's pause and reflect together on the great need to care for children around the world who wrestle with the impact of poverty and hunger every day. For that reason, our first activity is to join in prayer.

Act: Please read the Mary's Meals prayer below, sit with it, and then read it again. Allow yourself to hear each word and listen to your mind and heart.

Consider starting every day in Lent with this prayer, and then expect to see God move, as we read Psalm 37:5. He will act, and we are invited to join him in that movement.

Mary's Meals Prayer

Our Father

Give us this day our daily bread
and forgive us for the times when we take more than
our share of the bread that belongs to all.

Let us help You fill the starving with good things,
not with scraps from our table.

Teach us how to share what is not ours to keep.
Clothe us with Your love that we may complete
each good work you created us to do.

Place in our hearts Your compassion for each
starving child and use our little acts of love
so that they starve no more.

Amen

Share: Take time with this activity, dig deeply into what God is saying to you, and then ask yourself this question: What does the season of Lent mean to me? How is God speaking to me through this prayer?

Find some time to journal or talk with a close friend. Share your experiences on social media adding your answer to the question “Lent is...” with the word that God put on your heart.