



Lent 2024: "Listen to Him"

"I invite you, therefore, in the name of the Church, to the observance of a holy Lent: by self-examination and repentance; by prayer, fasting, and almsgiving; and by reading and meditating on God's holy word. And to make a right beginning, let us now pray for grace, that we may faithfully keep this Lent."

Self-Examination & Repentance

- ❖ The Examen (see back of handout)
- ❖ The Rite of Reconciliation of a Penitent
 - Schedule a time with Fr. Travis or Pastor Sallie
 - Holy Saturday, 9am-1pm
- ❖ ~~Spiritual Gifts Class~~ (Registration Closed)
 - Sundays, 9am-10am

Prayer

- ❖ The Daily Office from *The Book of Common Prayer, 2019*
 - Shorter Forms: "Family Prayer" liturgies on pages 67-74
 - Traditional Forms: "Daily Office" liturgies on pages 11-65.
 - Both of these can be downloaded for free: [BCP 2019](#).
 - Both are also available via the app, "[The Daily Office](#)."
- ❖ Morning Prayer
 - Thursdays via [Zoom](#), 8am-8:30am
- ❖ Lectio Divina & Compline Gatherings
 - Wednesdays in the Nave, 7pm-8pm
 - Fridays via [Zoom](#), 7pm-8pm
- ❖ Midday Prayer
 - Tuesdays-Fridays in the Nave, 12pm-12:10pm
 - Stay afterward for silent reflection.

Fasting

- ❖ Choose a daily or weekly fast: “Jesus, what is it I really desire?”
 - Sweets & Treats
 - TV & Media
 - Social Media & Apps
 - Unnecessary Spending
 - Alcohol or Caffeine
 - Meals, Snacks, or Type of Food
- ❖ Fast from one meal or all meals on one or more of the following days:
 - Ash Wednesday
 - Fridays during Lent
 - Good Friday
 - Holy Saturday

Alms-Giving

- ❖ Contribute to the Life First Baby Bottle Campaign
- ❖ Contribute to Backpacks for Kids
- ❖ Contribute to Immanuel’s Benevolence Fund
- ❖ Volunteer to meet one of the needs listed in the “Needs & Opportunities” section of “The Weekly”
- ❖ Volunteer at ACTS, the Hilda Barg Homeless Shelter, or?

Reading & Meditating on God’s Holy Word

- ❖ Read the latter half of Mark’s gospel
 - Week of Lent I: Chapters 7 & 8
 - Week of Lent II: Chapters 9 & 10
 - Week of Lent III: Chapters 11 & 12
 - Week of Lent IV: Chapters 13 & 14
 - Week of Lent V: Chapter 15
- ❖ As you read, consider these questions:
 - What does Mark reveal about who Jesus is (his person, his values, his desires, his purpose)?
 - What does Mark reveal about the Kingdom of God (its presence, its characteristics, its people, its effect)?
 - What does Mark reveal about discipleship (its characteristics, its purpose, its focus, its effect)?
 - How is Jesus inviting you to respond?
- ❖ Participate in the Lectio Divina & Compline Gatherings

The Examen

Fr. James Martin, SJ

The examen, or examination of conscience, is a quick prayer to help you see where God was active in your day. Usually done for 15 to 20 minutes at the end of a day, the prayer was popularized by St. Ignatius Loyola in his classic text *The Spiritual Exercises*. Use these five easy steps to pray the examen every day, and soon you'll begin to notice God's presence more easily.

1. **Presence:** Remember that you're in the presence of God in a special way when you pray. Ask God for help in prayer.
2. **Gratitude:** Recall two or three things that happened today for which you are especially grateful. Savor them. Then thank God for these gifts.
3. **Review:** Review your day from start to finish, noticing where you experienced God's presence. Notice everything from large to small: from an enjoyable interaction with a friend to the feel of the sun on your face. When did you love? When were you loved?
4. **Sorrow:** You may have sinned today or done something you regret. Express your sorrow to God and ask for forgiveness. If it's a grave sin, pray about seeking forgiveness from the person offended, or the sacrament of reconciliation.
5. **Grace:** You may want to return to a meaningful part of your prayer and speak to God about how you felt. At the close of the prayer, ask for God's grace for the following day.

Over time, as you pray the examen, you'll notice God's presence in the moment, rather than just at the end of the day. You'll see that your whole day can be a kind of prayer. Soon you'll discover that you've become, as Jesuits like to say, a "contemplative in action."