

1ST SUNDAY OF LENT

A JOURNEY INTO THE HEART



FAITH

A Heart of Prayer

Leader:

We begin this time of prayer: in the name of the Father, Son, and Holy Spirit.

All: Amen.

Leader:

Loving God, we enter this season of Lent with an open heart. Be with us as we learn to grow in our love of you and others. Keep us mindful of your love for us and let us truly journey into our heart. For when we journey into our hearts, we journey closer to you.

1st Reader:

To help us enter this journey, let us take a moment to quiet ourselves.

Take a deep breath in and out. Allow every part of your body to relax. (Pause)

As you continue to relax, listen to Psalm 15:

2nd Reader:

O Lord, who may abide in your house? Who may dwell on your holy hill?

Those who walk blamelessly, and do what is right, and speak the truth from their heart; who do not slander with their tongue, and do no evil to their friends, nor take up a reproach against their neighbours.

(Pause)

As we journey into the heart, what is keeping me from being closer to God? What do I need to change within myself?

(Pause)

O Lord, teach us to remove those things that keep us from being closer to you.

1st Reader:

As we bring our time of prayer to a close, let us offer our petitions to the Lord.

After someone speaks, please respond "Loving God, hear our Prayer."

Leader:

Bringing all these prayers together, let us pray in the words that Jesus taught us:

All: *Our Father . . .*

Leader:

Faithful God, teach us as we journey in this season of Lent. Deepen our faith in you, so we may know your love for us. Be our strength and let us always know you are with us.

All: Amen.

Leader:

In the name of the Father, Son, and Holy Spirit. Amen.

**GOD OF LOVE,
OPEN MY
HEART TO
A NEW WAY.**



A Heart of Discussion



Lent: What is this Liturgical Season really about?

Reader:

As children, we all remember Lent as a time to give up something like candy, television, or video games. But is that what the Season of Lent is really about?

You will be surprised to know that the Season of Lent is a time of spiritual inventory. We are called to look at our life and see what is holding us back from being closer to God.

Do we take the time to pray?

Do we put ourselves first all the time and never consider the needs of our family, friends, or people we see during the day?

Have I taken the time to use the gifts God has given me to share with others?

Many other possible scenarios could be addressed, but this gives you a picture of what a spiritual inventory may look like.

When Jesus was asked what people need to do to change their hearts and grow in their relationship with God, he said "You must love the Lord with all your heart, soul, and mind and love your neighbour as yourself."

As we begin our journey in Lent, let us remember that this is a journey to change our hearts and grow closer to God.

Discussion Questions:

1. What does Lent mean to you?
2. How can we "love God with all our hearts, souls, and mind?"
3. What makes it difficult to "love our neighbour as we would want to be loved?"

A Heart of Action

To change our hearts, we need to change our actions. This week consider one of the following tasks:

1. At the end of every day, see where God was present in your day. Then say thank you to God for God's presence in your life
2. Be a good neighbour to all you come in contact with this week.
3. Share one of the many gifts God has given you with those around you.

