

Lenten Prayer CHALLENGE

Lectio Divina Pray with the story of Jesus' Temptation in the Desert Luke 4:1-13 Lectio-Meditatio-Oratio-Contemplatio	Journaling 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.	Visio Divina Choose a painting or statue in the church. Stand or sit where you can quietly reflect on its meaning. Lectio-Meditatio-Oratio-Contemplatio	Stations of the Cross Choose a Stations book, sit or kneel, and read the reflections. Imagine yourself standing at the Cross with Mary.
Stations of the Cross Choose one Station and compose your own reflection and prayer in your journal.	Lectio Divina Pray with the story of the Last Supper Matthew 26:17-30 Lectio-Meditatio-Oratio-Contemplatio	Journaling The three marks of Lent are prayer, fasting, and almsgiving. Write about how each of those both challenge you and help you.	Visio Divina Choose a stained glass window. Stand or sit where you can quietly reflect on its meaning and beauty. Lectio-Meditatio-Oratio-Contemplatio
Visio Divina Find an illustration in one of the Lent books. Notice the small details and pray about their meaning. Lectio-Meditatio-Oratio-Contemplatio	Stations of the Cross Slowly walk all fourteen Stations, stopping at each to look at the art and say your own prayer.	Lectio Divina Pray with the story of the Agony in the Garden Mark 14: 32-42 Lectio-Meditatio-Oratio-Contemplatio	Journaling <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
Journaling Imagine you are standing on the hill of Calvary on Good Friday. What do you see? What do you feel? What do you wonder?	Visio Divina Gaze at the Crucifix quietly for a few minutes. Think about the wounds of Christ and His love for you. Lectio-Meditatio-Oratio-Contemplatio	Stations of the Cross Read about the Crucifixion in any Gospel. What stories would you include in your own Stations of the Cross?	Lectio Divina Pray with the story of Jesus' Crucifixion and Death John 19:16-42 Lectio-Meditatio-Oratio-Contemplatio

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