

## Introduction

- Thank you for following **A Path through Lent** with others in your church community and Cumberland Presbyterians around the world.
- You may be going down this path with your family at home, extended family via phone conversation or Zoom, a small group at church, or on your own. However, it works best for you, you do not have to be alone on **A Path through Lent**. We hope you will use the daily scripture, prayer, and conversation starter and discuss with a co-worker or friend, during the drive home from school, in a phone or text conversation with a college age child, or in small groups gathered at your church. And you will be doing this with other Cumberland Presbyterians.
- **A Path through Lent** will be a time when we invite you and your family to make a physical path that will remain set up through the Lenten season as a reminder of this time to be praying. When we say family, that may mean the people you live with and are related to OR it may mean a friend or group of friends that you choose to go on this journey with.
- Each day there will be a scripture for you to read as a family, a conversation starter to talk about, and a prayer to close your time together. Then you may place your stone on the path and your time is complete for the day. With the stones, you can make the path in any way you want: a straight line, a circle, or any other shape you can imagine.
- To make this path, we ask you to gather a few things. First, find a table or area that you can set aside for the path. You may want to cover it with a purple cloth, the church color for Lent.

- Then gather 40 colored stones and 13 white stones to make your path. If you do not have access to stones, you can use buttons, poker chips, or even cut circles/stones out of construction paper. Just be sure that you have 40 in one color and 13 in white.
- Each Sunday during this time, you will place a white stone on your path. On other days you will use a colored stone. That is except for the days you do your challenges. On the day you complete your challenge together, also use a white stone to remind you of the way you have remembered the weekly theme.
- Each week there will be a theme from Isaiah's vision of God in the Temple. They are Meditate, Praise, Gratitude, Confession, Message, Mission, Sacrifice.
- Each week there will be an optional challenge to do that reminds you of the theme for the week. We will give you some examples each week for you to choose from. Or you can create your own challenge.

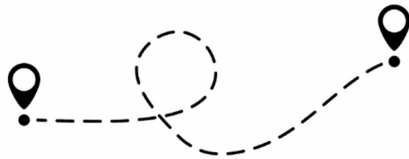
### Week 1 Theme: Meditate

- Isaiah 6:1 says, "In the year that King Uzziah died, I saw the Lord sitting on a throne, high and lofty; and the hem of filled the temple."
- As the vision that Isaiah had of God in the Temple begins, Isaiah is still and intently listening to God. Waiting for what God will say to him. We do this in the season of Lent also. We begin by opening our hearts and minds to God and listen for what God will say to us. When we do this, we are meditating. And so, this week we are looking to **meditate**.
- Sometimes we **meditate** by praying to God. Sometimes we just listen for God to speak to us. The important thing is to stop our everyday tasks and spend time in silence.
- Psalm 119:9-16 says,

*How can young people keep their way pure?  
 By guarding it according to your word.  
 10 With my whole heart I seek you;  
 do not let me stray from your commandments.  
 11 I treasure your word in my heart,  
 so that I may not sin against you.  
 12 Blessed are you, O LORD;  
 teach me your statutes.  
 13 With my lips I declare  
 all the ordinances of your mouth.  
 14 I delight in the way of your decrees  
 as much as in all riches.  
 15 I will meditate on your precepts  
 and fix my eyes on your ways.  
 16 I will delight in your statutes;  
 I will not forget your word.*

- We begin Lent this week on Ash Wednesday. It is called this because ashes from the previous year's palms are mixed with oil and used to make the sign of the cross on a Christian's forehead. This is a way for us to remember that God created us from dust and to dust we will return. (Genesis 3:17-19)
- Ash Wednesday begins the time of Lent which is one of reflection and confessing our sins to God.
- Lent is a 40-day period before Easter and symbolizes the 40 days that Jesus was in the desert praying and fasting. (Matthew 4, Mark 1, Luke 4)
- If you count the days, you may notice there are 46 days from Ash Wednesday to Easter. This is because Sundays are not a part of Lent but are "littler Easters."
- We hope you will spend this time together every day and decide what your challenge for the week will be each week after you watch the weekly video introducing the theme.
- You will find the weekly challenges and daily scriptures, conversation starters and prayers below. You may also find other weekly resources at <https://www.cpcmc.org/apaththroughlent/>.
- Thank you for joining us on **A Path through Lent**. See you next week!

Daily



Devotions

## Day 1 (February 22) Ash Wednesday

### READ

*<sup>17</sup> And to the man he said, "Because you have listened to the voice of your wife and have eaten of the tree about which I commanded you, 'You shall not eat of it,' cursed is the ground because of you; in toil you shall eat of it all the days of your life; <sup>18</sup> thorns and thistles it shall bring forth for you; and you shall eat the plants of the field. <sup>19</sup> By the sweat of your face you shall eat bread until you return to the ground, for out of it you were taken; you are dust, and to dust you shall return. —Genesis 3:17-19*

### TALK

What might be a reason that the Bible thinks it is important to remind us that we were made from dust and to dust we return? We are not really made of dust, so what do you think the Bible means?

### PRAY

God, we know that everything, even our lives and the air we breathe comes from you. We are made in your likeness and are your adopted children. Let us remember that you are the source of all life and that we need to remember to talk and listen to you. Amen.

## Day 2 (February 23)

READ

*<sup>1</sup> Happy are those who do not follow the advice of the wicked or take the path that sinners tread or sit in the seat of scoffers, <sup>2</sup> but their delight is in the law of the LORD, and on his law, they meditate day and night. <sup>3</sup> They are like trees planted by streams of water, which yield their fruit in its season, and their leaves do not wither. In all that they do, they prosper. —Psalm 1:1-3*

TALK

We know meditation and prayer are good for our spiritual health. Talk about how they might also be good for our mental and physical health. (After you have discussed this, you might want to google the subject to see if they are and if so how).

PRAY

God, we know that meditation and prayer bring us closer to you. We pray that you will give us the time and willingness to take the time to meditate. Help it to become a part of our faith journey. Amen.

## Day 3 (February 24)

READ

*<sup>11</sup> I will call to mind the deeds of the LORD; I will remember your wonders of old. <sup>12</sup> I will meditate on all your work and muse on your mighty deeds. <sup>13</sup> Your way, O God, is holy. What god is so great as our God? <sup>14</sup> You are the God who works wonders; you have displayed your might among the peoples. <sup>15</sup> With your strong arm you redeemed your people, the descendants of Jacob and Joseph. Selah —Psalm 77:11-15*

TALK

Some people believe we need to meditate and pray every minute of the day while we are doing everything. After all the Bible says to pray without ceasing. How would we do this or is it even important to do so?

PRAY

Ever present God, we struggle to meditate on you and your word for even a minute, much less without ceasing. Give us the will to want to be present with you as you are with us. Amen.

## Day 4 (February 25)

READ

*<sup>5</sup> I remember the days of old; I think about all your deeds; I meditate on the works of your hands. <sup>6</sup> I stretch out my hands to you; my soul thirsts for you like a parched land. Selah <sup>7</sup> Answer me quickly, O LORD; my spirit fails. Do not hide your face from me, or I shall be like those who go down to the Pit. <sup>8</sup> Let me hear of your steadfast love in the morning, for in you I put my trust. Teach me the way I should go, for to you I lift up my soul.*

*<sup>10</sup> Teach me to do your will, for you are my God. Let your good spirit lead me on a level path. —Psalm 143:5-8, 10*

TALK

Jesus gave the disciples the Lord's Prayer as an example of how to pray. If Jesus were giving us the Lord's Prayer today, what do you think he would say?

PRAY

Our Father, who art in heaven, hallowed be thy name. Thy kingdom come, thy will be done, on earth as it is in heaven. Give us this day our daily bread. And forgive us our debts as we forgive our debtors. Lead us not into temptation and deliver us from evil. For thine is the kingdom, and the power, and the glory forever. Amen.

### Sunday (February 26) Little Easter

READ

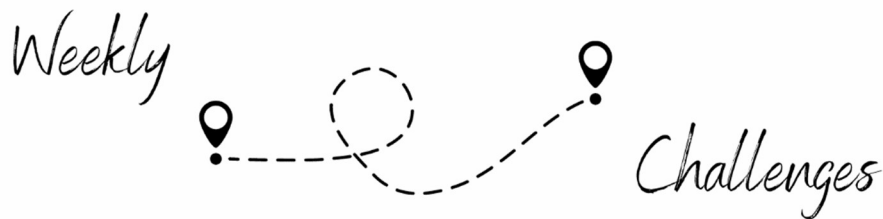
*<sup>9</sup> How can young people keep their way pure? By guarding it according to your word. <sup>10</sup> With my whole heart I seek you; do not let me stray from your commandments. <sup>11</sup> I treasure your word in my heart, so that I may not sin against you. <sup>12</sup> Blessed are you, O LORD; teach me your statutes. <sup>13</sup> With my lips I declare all the ordinances of your mouth. <sup>14</sup> I delight in the way of your decrees as much as in all riches. <sup>15</sup> I will meditate on your precepts and fix my eyes on your ways. <sup>16</sup> I will delight in your statutes; I will not forget your word. —Psalm 119:9-16*

TALK

What kinds of things do you need to be able to meditate? What kinds of things distract you from being able to meditate?

PRAY

Give us focus, O Lord in our lives. Thank you for giving us the gift of worshipping you today. Let the message continue to be with us all week. Amen.



- Plan Prayer Stations at Your Church for All Ages, [www.futureflyingsaucers.com/using-prayer-stations-children/](http://www.futureflyingsaucers.com/using-prayer-stations-children/) OR [www.gallowaymusings.com/resource-prayer-stations/](http://www.gallowaymusings.com/resource-prayer-stations/)
- Make a Prayer Labyrinth at Your Church (with permission of course), <https://youtu.be/H5--pGSEbPY>
- Create a Place in Your Home for Meditation and Prayer, <https://beyondcommitted.com/create-prayer-corner-home/>
- Practice adding time to your meditation or quiet time by setting a timer and adding time to it each day. Start with two minutes and the second day add two minutes and so on.
- Your own idea that helps you meditate with God

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