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**JPIC LENTEN JOURNEY: TRANSITION INTO LENT**

**March 2, 2019**

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Today you are invited to a day of self-paced retreat. Organize your day to ensure you have times of prayer and silence. As much as possible, try to ensure that your activities and interactions do not compete with your attempts to slow down, create silence and ready your heart for the journey ahead. During times of meditation and personal prayer, disconnect from your electronic devices entirely. The following are suggested times; you may take longer periods, but try not to shorten these too much.

**Stage 1: “The beginning of wisdom is silence. The second stage is listening.”**

(Hebrew sage Solomon ibn Gabirol)

<p><b>MORNING: 1 to 1-1/2 hours of meditation/ silent prayer</b></p>	<p>STAGE 1:</p> <ul style="list-style-type: none"> <li>– Silence is more than creating a surrounding environment of quiet. The bigger challenge is silencing our interior noise. What is the noise inside of you that makes interior silence difficult? Name it, acknowledge it. You may not be able to resolve it right now, but it is important to find a way to put it aside for a little while.</li> <li>– Take a walk and/or find a place to sit that attracts you. Awaken each of your senses through <b>attention</b> and <b>intention</b>. Going slowly one-by-one:             <ol style="list-style-type: none"> <li>1. What do you see? Take it in with as much as you feel you can.</li> <li>2. Close your eyes, what do you hear? Now open your eyes: What do you see? Do you notice anything you did not notice before?</li> <li>3. Again with closed eyes, what do you smell? Open your eyes again: What do you see? Do you notice anything you did not notice before?</li> <li>4. Let yourself come in physical contact with some aspect of your surroundings. What does this sensation feel like?</li> <li>5. Be aware of how God is revealing God’s presence to you. There is no need to analyze or describe it; this is a time of encounter, relationship.</li> </ol> </li> </ul>
<p><b>30 minutes</b></p>	<p>Write your reflections, experience, insights during and from this meditation.          How do you find yourself responding?          What makes achieving inner silence difficult?          What do you need to acknowledge so that it does not exercise a hold over you?</p>



## STAGE 2: Why are you here?

We all experience our lives as a journey. Sometimes the road is straight and clear; sometimes it is winding and our vision is obscured. For some life at the moment seems to be moving along smoothly, freely, harmoniously. For others, this moment is one of darkness, constraint, discord of some kind.

We are not asked to put our lives on hold and enter into Lent. Just the opposite! We are called to bring our entire selves, where we are here and now, to the Lenten experience.

**AFTERNOON:  
1 hour of  
meditation/  
silent prayer**

1. Why are you here?
2. What deserts have you crossed and what mountains have you climbed?
3. What has your personal journey been like bringing you to this point?
  - Is it characterized by wind, earthquake, fire, gentle whisper....or?
  - Which journey story do you identify most with?
    - ▲ *Elijah going up Mount Horab? (tired, stressed, with feelings of fear or despair, but strengthened to continue).*  
(1 Kings 19, 9-13)
    - ▲ *The Israelites in the Desert? (a journey of personal freedom that requires letting go of something that entraps you, holds you back from being fully alive in life and mission). Joshua 1-24*
    - ▲ *The Road to Emmaus? (on the way, uncertain of the future, heart on fire with the confidence that our Lord accompanies you). Luke 14:13-35*
    - ▲ *Saul on the Road to Damascus? (is yours a more dramatic transformative one where you feel called to a personal change in your attitudes, behaviors, etc.; a possible change in the direction/focus of life?) Acts 9:1-19*
    - ▲ *Is it Phillipine's journey? (characterized by the need for patient waiting, big dreams/aspirations which meet with significant disappointments)*
    - ▲ *Another.....?*

**30 minutes**

Write your reflections, experience, insights during and from this meditation. What symbol or image might you choose to represent your life journey and where you are right now?  
What is your journey showing you, teaching you, up to now?



<p><b>EVENING</b> <b>1 hour to review the day</b></p>	<p>Take time to review the day:          What has been awakened in you through your senses today?          What are you hearing –really truly hearing- in the silence?          Give any obstacles, frustrations, impatience of the day over to God?          Express gratitude for the gifts and challenges of the day.</p>
<p><b>ASH</b> <b>WEDNESDAY</b></p>	<p><i>“Return to me with your whole heart.” (Joel 2:12)</i></p> <p>What are some of the thoughts, behaviors, attitudes, opinions, “false idols” that you might need to <b>let go</b> of in order to:</p> <ul style="list-style-type: none"> <li>– return to God with your whole heart?</li> <li>– have a more compassionate understanding of a broken, suffering world</li> <li>– find your place within it as ambassadors of the hope-filled, justice-driven resurrected Christ?</li> </ul> <p>What are some of the thoughts, behaviors, attitudes, opinions that you might need to <b>adopt</b>?</p> <p>Take time this day to develop statements of commitment.  <i>I commit to let go of . . .</i>  <i>I commit to adopt . . .</i></p>
<p><b>Throughout the week</b></p>	<p>Try to practice each of the principles of generative listening throughout your day. Make every attempt to apply them both in the planned <i>and</i> chance encounters with others.</p> <p>Read your commitment statements each morning and each evening.          Have you begun to live them?          Would you like to add or refine anything?</p>
<p><b>This week’s readings</b></p>	<p><b>Monday, March 4, 2019:</b> Psalm 35:11-28; Exodus 35:1-29; Acts 10:9-23a  <b>Tuesday, March 5, 2019:</b> Psalm 35:11-28; Ezekiel 1:1; 2:1; Acts 10:23b-33  <b>Wednesday, March 6, 2019:</b> <b>Ash Wednesday</b>  <b>Thursday, March 7, 2019:</b> Psalm 91:1-2, 9-16; Exodus 5:10-23; Acts 7:30-34  <b>Friday, March 8, 2019:</b> Psalm 91:1-2, 9-16; Exodus 6:1-13; Acts 7:35-42</p>



## RESOURCES TO ACCOMPANY YOU THIS WEEK

### Music

*Alone with God* (3 hours of piano instrumental music for prayer, meditation, worship and healing)

<https://www.youtube.com/watch?v=fOB73qRVGJs>

*He Wants It All* (Forever Jones)

[https://www.youtube.com/watch?v=ykk\\_VJSe3QM](https://www.youtube.com/watch?v=ykk_VJSe3QM)

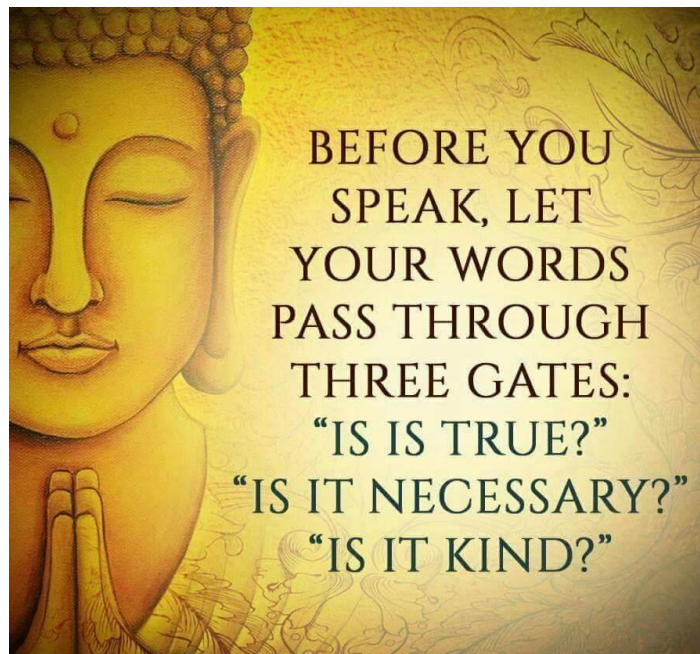
*Create in Me a Clean Heart* (Keith Green version)

[https://www.youtube.com/watch?v=V\\_4b\\_9l3GpE](https://www.youtube.com/watch?v=V_4b_9l3GpE)

<https://www.youtube.com/watch?v=mD2PJ0xbAdY>

*Give Me A New Heart O God* (Christopher Walker)

<https://www.youtube.com/watch?v=6WfcINhx1X0>





## PRAYERS

<b>BE STILL</b>	<b>FAST AND FEAST</b>
<p>Be do not do or pretend to be anything just be.</p> <p>Be still, calm those anxious, unruly whirling thoughts into stillness.</p> <p>Be still and know as the flower knows the sun's rays as the mouth knows bread as the heart knows love, open yourself to knowing.</p> <p>Be still and know that I am here and now around you and within you behind you and before wherever you are I am.</p> <p>Be still and know that I am God your Father and Mother your Companion and Healer your life and your all.</p> <p>Be Be still Be still and know Be still and know that I am Be still and know that I am God.</p>	<p><i>Fast from judging others, and feast on the Christ within them.</i></p> <p><i>Fast from emphasis on differences, and feast on the unity of life.</i></p> <p><i>Fast from apparent darkness, and feast on the reality of light.</i></p> <p><i>Fast from thoughts of illness, and feast on the healing power of God.</i></p> <p><i>Fast from words that pollute, and feast on phrases that purify.</i></p> <p><i>Fast from anger, and feast on optimism.</i></p> <p><i>Fast from worry, and feast on trusting in God.</i></p> <p><i>Fast from complaining, and feast on appreciation.</i></p> <p><i>Fast from negatives, and feast on affirmatives.</i></p> <p><i>Fast from unrelenting pressures, and feast on unceasing prayer.</i></p> <p><i>Fast from bitterness, and feast on forgiveness.</i></p> <p><i>Fast from self-concern, and feast on compassion for others.</i></p> <p><i>Fast from personal anxiety, and feast on eternal truth.</i></p> <p><i>Fast from discouragement, and feast on hope.</i></p> <p><i>Fast from suspicion, and feast on truth.</i></p> <p><i>Fast from thoughts that weaken, and feast on promises that inspire.</i></p> <p><i>Fast from shadows of sorrow, and feast on the sunlight of serenity.</i></p> <p><i>Fast from idle gossip, and feast on purposeful silence.</i></p> <p><i>Fast from problems that overwhelm, and feast on prayer that brings power.</i></p>