











# Journey with Jesus through Lent 2014 (Year A)



Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <p><i>Lent is a journey of deepening reflection and renewal, an opportunity to make new commitments in faith. Since the early days, Christians have observed with great devotion the time of our Lord's passion and resurrection and prepared for this by a season of prayer, penitence and fasting.</i></p>						
<p><b>9 First Sunday in Lent</b> Gen. 2:15-17, 3:1-7 Ps. 32 Rom. 5:12-19 Matt. 4:1-11</p>	<p><b>10 Loving God</b>  Thank God for His covenantal promise.</p>	<p><b>11 Caring for Creation</b> Be conscious in conserving the amount of water usage today.</p>	<p><b>3/5 Ash Wednesday</b> Joel 2:1-2, 12-17 Ps. 51:1-17 2 Cor. 5:20-6:10 Matt. 6:1-6, 16-21</p>	<p><b>6 Loving Our Neighbours</b> Start saving up "coffee money" for the poor here or around the world.</p>	<p><b>7 Spiritual Discipline</b> Choose a family Lenten offering, such as giving up dessert or TV.</p>	<p><b>8 Lenten Journal Day</b> Reflect on the activities or practices that transform you this week.</p>
<p><b>16 Second Sunday in Lent</b> Gen. 12:1-4a Ps. 121 Rom. 4:1-5, 13-17 Jn. 3:1-17</p>	<p><b>17 Loving God</b> What can we learn from Abraham about "walk by faith, not by sight"?</p>	<p><b>18 Caring for Creation</b> Be conscious in recycling usable resources. </p>	<p><b>12 Personal Confession</b> What are the temptations you are wrestling with and need God's help?</p>	<p><b>13 Loving Our Neighbours</b> Extend your hospitality to a friend.</p>	<p><b>14 Spiritual Discipline</b> Meditate on Scripture passages that focus on repentance.</p>	<p><b>15 Lenten Journal Day</b> Reflect on the activities or practices that transform you this week.</p>
<p><b>23 Third Sunday in Lent</b> Exo. 17:1-7 Ps. 95 Rom. 5:1-11 Jon. 4:5-42</p>	<p><b>24 Loving God</b> Meditate on the Ten Commandments. </p>	<p><b>19 Personal Confession</b> Confess to God our unfaithfulness, our pride, hypocrisy and impatience.</p>	<p><b>20 Loving Our Neighbours</b> Buy food and donate to the food bank. </p>	<p><b>21 Spiritual Discipline</b> What can you simplify in your daily routine for more time in prayer and reading Scripture?</p>	<p><b>22 Lenten Journal Day</b> Reflect on the activities or practices that transform you this week.</p>	<p><b>23 Lenten Journal Day</b> Reflect on the activities or practices that transform you this week.</p>
<p><b>30 Laetare Sunday</b> 1 Sam. 16:1-13 Ps. 23 Eph. 5:8-14 Jn. 9:1-41</p>	<p><b>25 Caring for Creation</b> How does the command, "do not covet," help us limit our consumer appetite?</p>	<p><b>26 Personal Confession</b> Confess to God our self-indulgences and our exploitation of other people.</p>	<p><b>27 Loving Our Neighbours</b> Pay attention to the news and pay for a country encountering war, famine, or natural disaster.</p>	<p><b>28 Spiritual Discipline</b> Get together with family or a group of friends to pray.</p>	<p><b>29 Lenten Journal Day</b> Reflect on the activities or practices that transform you this week.</p>	<p><b>31 Loving God</b> Thank God for His healing grace in our lives</p>
<p><b>6 Fifth Sunday in Lent</b> Ezk. 37:1-14 Ps. 130 Rom. 8:6-11 Jn. 11:1-45</p>	<p><b>4/1 Caring for Creation</b> Try to reduce the usage of household electricity.</p>	<p><b>2 Personal Confession</b> Confess to God our anger, envy, dishonesty, prejudice, and unforgiveness toward others. </p>	<p><b>3 Loving Our Neighbours</b> Visit someone who is sick.</p>	<p><b>4 Spiritual Discipline</b> Slowly copy the Lord's Prayer on a piece of paper. What does it mean to seek God' will?</p>	<p><b>5 Lenten Journal Day</b> Reflect on the activities or practices that transform you this week.</p>	<p><b>7 Loving God</b> Examine our lives and pray that we will treasure God's words in our hearts</p>
<p><b>13 Palm Sunday</b> PS. 118:1-2, 19-29 Matt. 21:1-11 Read the passion narrative through the week</p>	<p><b>8 Caring for Creation</b> Take public transit when possible. </p>	<p><b>9 Personal Confession</b> Confess to God our blindness to human suffering and our indifference to injustice.</p>	<p><b>10 Loving Our Neighbours</b> Send a word of encouragement to the discouraged.</p>	<p><b>11 Spiritual Discipline</b> Take a prayer walk or walking the labyrinth, reflect on your life journey.</p>	<p><b>12 Lenten Journal Day</b> Reflect on the activities or practices that transform you this week.</p>	<p><b>14 Isa. 50:4-9a</b> Anointing of Jesus: What can I give to God as an expression of my love?</p>
<p><b>16 Phil. 2:5-11</b> Have we betrayed God and others in any way?</p>	<p><b>15 Ps. 31:9-16</b> What does it mean to take up the cross and follow Jesus?</p>	<p><b>17 Maundy Thursday</b> Who is God calling me to "wash his/her feet" ? </p>	<p><b>18 Good Friday</b> Matt. 26:14-27:66 Participate in a Good Friday or Tenebrae Service with your family.</p>	<p><b>19 Holy Saturday</b> Observance of Silence.</p>		