

Lenten Journey **A Time to Grow in Your Discipleship**

Lent is a time for Christ-followers to dig deep in the faith and their followership of Jesus. During this season I encourage you to read The Gospel of Luke (the story of the life, death and resurrection of Jesus) followed by Acts of the Apostles,(the story of the birth of the Church). This should serve you well into the summer.

One spiritual discipline I have employed is journaling. As I suggested on Ash Wednesday, go purchase a notebook. Each day find time to be quiet to write in your journal. As a suggestion you may follow the following discipline.

I like to write the date at the top of a page, and under it the word *Yesterday...* I write about the previous day, who I met, what I did, how God was present in my life. Do write about all the good, the bad and the ugly. It's OK, God already knows!

After *Yesterday* I write, *Scripture for the Day*. If you follow my suggestion you will start in Luke, Chapter 1 and each day work your way through a chapter in Luke and then Acts. Write a sentence or two of what that passage meant to and for you.

Then, write *Prayer for the Day*. Using key words, phrases from your reading, form a prayer. In other words, pray the scriptures. One thing I try and do is make sure there are words from my heart of gratitude, concerns for others, and last, my personal concerns.

Conclude with *Today...* Here I write brief sentences under the headings, *God, Family, Ministry and Self*. What does God want me to do today? What can I do for my family, both my own and larger human family? What am I called to do today in the name of Jesus as my personal ministry? What must I do to tend to myself?

I hope this may help. If you are not the type of person who likes to write, you can find your quiet place and move through the above in reflection. Writing affords a way to go back and read what was up in your life on a certain day. Form used is not as important as function, and that is seeking to find time on your knees, time in the Book, and time with your God.

Keith