

Questions For Reflection and Discussion

- How does it feel when someone special or important notices you?
- When have you been given a label by someone that was either wrong or no longer applied to you? How did that feel?
- Why do you think the woman weeping while she washes Jesus' feet?
- What are the sins that Jesus has forgiven you?

Prayer List/Notes



DO YOU SEE THIS WOMAN?

Scripture Focus This Week:
Luke 7:36-50

Daily Reading Plan

Mon: **Mark 8:22-26**—Can you see anything?

Tues: **Mark 14:3-9**—Why do you trouble her?

Wed: **Matthew 24:1-2**—You see these, do you not?

Thr: **John 8:6-11**—Woman, where are they?

Fri: **Luke 6:39-42**—Can a blind person guide a blind person?

Sat: **Luke 10:30-37**—Which of these three, do you think was a neighbor?

Prayer

God of compassion, we confess that we get so busy with our own lives and concerns that we miss the needs of those around us. We become so accustomed to those who are poor or suffering both in our community and those we hear about only on the news. Lord, help us to not turn our eyes away from our neighbors who are in pain, but let our hearts move our hands to serve those you have placed before us Amen



Scan the code for a guided meditation on this week's Scripture

Lenten Practice:

MINDFULNESS

In the popular definition, mindfulness is often described as being present to yourself and not distracted by negative thoughts or emotions. It is often combined with other practices such as meditation and yoga. In a Christian context, however, mindfulness pushes a bit deeper seeking to break down the divide, within our schedules and ourselves, between what is “holy” and what is “secular.” It is less about being attentive to yourself, and more about being attentive to God’s presence in every moment.

One of the most famous practitioners of this was a 17th century French monk called Brother Lawrence. In a book of his collected letters, *Practicing the Presence of God*, he describes his work in the kitchen of the monastery and how whether he was washing dishes or peeling potatoes, he did everything with an awareness of God’s presence.

One of the easiest places to begin working on cultivating this presence of God and continual prayer is by identifying boring and repetitive tasks.

The early monks in the 4th century would often earn money by weaving baskets because the process of gathering reeds and putting them together did not require much active thought which meant that more of their attention could be devoted to prayer.

Daily chores such as washing dishes, folding laundry, cleaning or gardening are often good places to start. You can also take up habits such as knitting, crochet, or cross-

stitch which can be similarly repetitive. Instead, breaking up the boredom by playing music, watching a video, or some other entertainment, try having a conversation with God as you do it. These prayers do not need to be formal or structured, imagine Jesus as your best friend, sitting with you chatting. You can also leave times of silence and see what the Holy Spirit chooses to fill it with. Brother Lawrence suggested to begin these moments with a word of prayer such as: “My God, I am wholly yours. O God of Love, I love you with all my heart. Lord make my heart even as yours.”

For those who find the practice to be difficult, Brother Lawrence has this advice:

“Look to God while you doing any activity and also after you have completed it. It takes much time and patience to perfect this practice, so do not be discouraged by failure. This habit is only developed with much difficulty. Yet when it is achieved, how great will be your joy!”

Quotations from: Brother Lawrence. *The Practice of the Presence of God In Modern English* (pp. 61-62). (Function). Kindle Edition.

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