

Questions For Reflection and Discussion

- What would it look like for you to be well right now?
- What would a perfect relationship with God look like for you?
- What are the things that are holding you back from that?
- If you could grow in one area of your faith in the next six weeks what would it be?
- Who are the people around you who would be willing to encourage this growth?
- What questions do you have about God, faith, Scripture, Lent?

Prayer List/Notes



DO YOU WANT TO BE MADE WELL?

Scripture Focus This Week:
John 5:1-9

Daily Reading Plan

Wed: **Psalm 51**

Thr: **2 Corinthians 5:20-6:10**

Fri: **Matthew 6:1-6, 16-21**

Sat: **Isaiah 58:1-12**

Prayer

God of healing, I confess that I have fallen short of your expectations. I have failed to live out your love for my neighbors, for myself, and ultimately for you. Forgive me, I pray. Create in me a clean heart, renew your right spirit within me. Let me focus my attention during this season of Lent, so that I may know your love, feel your grace, and conform my life to the example of Jesus. Amen.

**For more information on
labyrinths and additional articles
and resources go to:
centrevilleumc.org/Lent**

Lenten Practice:

LABYRINTHS

Labyrinths have been used as a means of spiritual reflection, focus and discernment for centuries. When pilgrimages to the Holy Land were unsafe in the Middle Ages, cathedrals in Europe would often carve or tile labyrinths into their floors so that people wanting to make a spiritual journey could walk the twists and turns of its path to symbolize the journey they were unable to make.

Unlike a maze which has false starts and deadends, a labyrinth is constructed with a single route to the center. This simplicity allows you to focus on the path under your feet (or finger) without the need for further decisions. This clarity of focus opens up space to speak and hear from God as you use the tool.

Before you begin a labyrinth, consider your intentions. Is there a question you want to ask God? Is there a decision that needs direction? Is there a restlessness in your spirit that needs calmed? There is no right or wrong purpose.

As you walk (or trace) the path, focus on that question or intention. Some like to repeat a short prayer or piece of scripture as their focus.

When you reach the center take a moment and reflect on what God has been saying to you? Is there any clarity? Additional questions?

As you walk (or trace) your way out, consider how God is preparing you to transition from this time of intentional

prayer. Where are you being called to go? How are you different? Consider repeating prayers or scriptures of thanksgiving.

As you prepare your heart for the season of Lent, consider using the labyrinth below. You can trace its path with your finger or a pen or perhaps write words of prayer or thanksgiving along its path.

