

Heartwork: Lent Week 3



*40 days of Lent. When we think of 40 days, it may seem daunting to take on Lenten practices. If we are honest, our lives do not always give us space for prayer or the ability to survive March birthdays while fasting from sweets. This year, let's commit our lives to 40 days of **Heartwork** and begin each day with a one practice to grow in our love for God.*

First Fast Monday – choose one

- No food in between meals, or no food after 6pm
- No tv, or Netflix, or social media

Touch-base Tuesday – a random “out of the blue” note, sharing a fond memory with a family member or friend

Wednesday in the Word – Ezekiel 37:1-14 ... it's March! Things are about to come alive! Read what God does with dry bones. How does your soul, your body need new life? Trust God to breathe in you this week.

Thursday Pray – go for a walk, and capture a visual of creation surrounding you so that you may mark it full beauty one month from now. With each tree, lawn and flower bed whisper the chorus “*Lord of all to these we raise, this our hymn of grateful praise.*”

Friday – Give an offering to UMCOR (United Methodist Committee on Relief) through the envelop provided, or via the church office. Any size gift is a good gift for UMCOR

Sat/Sun – Missed a day? Catch up this weekend!

Creating Space for God

Discipline is the other side of discipleship.
Discipleship without discipline
is like waiting to run in a marathon without every practicing.
Discipline without discipleship
is like always practicing for the marathon
but never participating in it.

It is important, however, to realize that discipline in the spiritual life is not the same as discipline in sports. Discipline in sports is the concentrated effort to master the body so that it can obey the mind better. Like when a gymnast does a routine on the rings, and using the strength of his body, he outstretches his arms to hold the position in the form of a cross. Much discipline is required to master what is known as *the iron cross*.

Discipline in the spiritual life is the concentrated effort to create the **space and time** where God can become our master and where we can respond freely to God's guidance.

Thus, discipline is the creation of boundaries that keep **time and space** open for God. Solitude requires discipline, worship requires discipline, caring for others requires discipline. They all ask us to set apart a time and a place where God's gracious presence can be acknowledged and responded to.

Henri J. M. Nouwen, [Bread for the Journey: A Daybook of Wisdom and Faith](#). 1997

