

## Heartwork: Lent Week 2



*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 sweets, be sweet instead
- Fast from gossip or ungracious talk

**Touch-base Tuesday** – text, email, call the friend who lives the farthest away.

**Wednesday in the Word** – Jonah chapters 1, 2, 3 and 4  
God can be gracious to those we feel don't deserve it. How do you wrestle/grow with the obscene wideness of God's mercy?

**Thursday Pray** – Finger Labyrinth [on the back]

A labyrinth is a spiral walking path, a single, clear path guides you to its center. Unlike a maze which has numerous paths and is designed to confuse, a labyrinth helps you center yourself and find clarity and peace. On a winter day, it is safe to trace a prayer with your finger.

**Friday** – Give of yourself today. Do something kind for someone without them knowing

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

## What is a Finger Labyrinth?

Below is a finger labyrinth, a spiral path you **slowly** trace with your finger. You may use this labyrinth to:

- ♦ quiet your mind to a deeper silence
- ♦ pray for yourself or someone else
- ♦ discern a question

At the center of the labyrinth, pause for as long as you choose and release from your mind and heart any prayer or question (that you posed on your inward journey) and give your prayer to God.

Reflect and discern leaving the labyrinth gratefully at peace.

