

Heartwork: Lent Week 4



*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 one practice to grow in our love for God.*

First Fast Monday – choose one:

- Use a smaller plate today,
- No snooze alarm

Touch-base Tuesday – call or text someone who has known you the longest ... share something with them you've learned from your relationship

Wednesday in the Word – Matthew 20 has a parable, then Jesus foretells his death. The mother of James and John tries to move them to choice seats in heaven, and then a healing story. Think on God's generosity. With which person/group do you most relate?

Thursday Pray – see other side for “a moment of silence”

Friday – Daylight savings! Neighbors are out and about! Pray about how you might help someone nearby. May God present an opportunity. Serving means **preparing for such moments with prayer**. If not today, another day.

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

And now, for a moment of silence

In the stillness and the silence, God meets our hearts. The Psalms encourage quiet contemplative prayer. The voice of the Psalms finds hope and assurance.

Psalm 62 says, “For God alone my soul waits in silence.”

Psalm 46 says, “Be still and know that I am God.”

When we deliberately calm ourselves and settle in with several minutes of silence (several being about 15-20 minutes), the goal is to let go of all that would disturb. Think about it this way ... in Psalm 131:2

I've kept my feet on the ground,

I've cultivated a quiet heart.

Like a baby content in its mother's arms,

my soul is a baby content.

Eugene Petersen's [The Message](#)

As a child rests in the loving arms of a parent, so we can rest in God's embrace. Silent contemplative prayer is resting ... resting silently in the loving arms of God. No words are needed to set ourselves in this embrace. Only let yourself feel the calm and security of being there.

A parent will hold a child to convey assurance. When we pick up a baby, we gently curl them into the fold of our arm. We may softly talk to the child or sing a line or two of a song. But most parents increase the assurance by simply holding a child for several minutes in silence. The child's only response is a peaceful expression and a calm stillness. Like the psalmist says, my soul is a baby content.

To meet God in silence, we must switch roles.

We are not the parent settled in with a child.

In silent prayer, we are the child. As one meets God in silence, choose a word to meditate upon: *love, peace, faith, trust, grace, mercy, joy, stillness, calm, open, presence, yes or amen.*

Plan ahead, and find a time to be alone and quiet in prayer with our Heavenly Parent. God is going to love holding you this week.

