

A JOURNEY THROUGH LENT

*Traveling a Lenten journey
with people in the third third of life*

Week 1



ASH WEDNESDAY, FEBRUARY 17

Have mercy on me, O God,
according to your unfailing love;
according to your great compassion
blot out my transgressions.
Wash away all my iniquity
and cleanse me from my sin.
Create in me a pure heart, O God,
and renew a steadfast spirit within me.
Do not cast me from your presence
or take your Holy Spirit from me.
Restore to me the joy of your salvation
and grant me a willing spirit, to sustain me.

Psalm 51:1-2, 10-12

As we begin our Lenten journey, we invite you to travel with us. Each week we will provide questions we hope will help you reflect on your Lenten experience. Each day we also will provide you with a scripture reading, along with a reflection and prayer written by a person in the third third of life. We hope they will inspire your own reflections and prayers.

This week our reflection questions are:

- What does God's forgiveness mean to you?
- How have you experienced God's forgiveness?
- How do you respond to God's forgiveness?

Prayer: O God, as we take the first steps along our Lenten journey, may we open our lives to you, seeking your forgiveness and trusting your unfailing love. Amen.

THURSDAY, FEBRUARY 18

Show me your ways, LORD,
teach me your paths.
Guide me in your truth and teach me,
for you are God my Savior,
and my hope is in you all day long.
Remember, LORD, your great mercy and love,
for they are from of old.
Do not remember the sins of my youth
and my rebellious ways;
according to your love remember me,
for you, LORD, are good.

Psalm 25:4-7

It is so good to know that even when we walk away from God, he is always open and welcoming to have us back. We ask for forgiveness of our sins and yet hold ourselves more responsible for those errors than God does. He is so loving and forgiving, and in this way we learn to do better. It may take a lifetime, but he never gives up on us if we are willing. Now I go to him for understanding and comfort and find ease in praying for others.

Prayer: O most loving and forgiving Father, all I can do is say thank you. Thank you for the many sacrifices you have made for me and continue to do so. I seek to know you better each day and pray to the Holy Spirit for direction and guidance. Mold me and make me an instrument to be used by you. Again I say thank you. Amen.

Eva Irby-Davis
Pleasant Street Baptist Church, Westerly

FRIDAY, FEBRUARY 19

Good and upright is the LORD;
therefore he instructs sinners in his ways.
He guides the humble in what is right
and teaches them his way.
All the ways of the LORD are loving and faithful
toward those who keep the demands of his covenant.
For the sake of your name, LORD,
forgive my iniquity, though it is great.

Psalm 25:8-11

It is only by God's grace that we are forgiven. It is a gift that he longs for us to accept.

I am not worthy of his forgiveness, nor can I do anything to earn it. He gives it because he loves me.

I will do whatever I can to show how God's love is a free gift and all anyone has to do to earn everlasting life with God is to accept the gift.

Prayer: Father, may your love for me overflow through me so that I can show all I meet that you are love and that your love is eternal. In Jesus name, Amen.

Bobby Nelson
Norwood Baptist Church, Warwick

SATURDAY, FEBRUARY 20

Turn to me and be gracious to me,
for I am lonely and afflicted.
Relieve the troubles of my heart
and free me from my anguish.
Look on my affliction and my distress
and take away all my sins.
See how numerous are my enemies
and how fiercely they hate me!

Psalm 25:16-19

Life poses relational challenges. Sometimes we can unwittingly, or even intentionally, hurt other people. I believe God, as the author of forgiveness, is willing and able to counsel us on ways to resolve situations and to seek forgiveness from others. All we need to do is ask. Then, too, I believe God will also help us forgive ourselves. We are lucky to be children of a loving God and never alone with our problems.

Prayer: God, it's me again, and you know what happened. I want to make it right but am not sure what to do, so please, will you help me? Amen.

Kathy Merrill
(formerly) Central Baptist Church, Jamestown

FIRST SUNDAY OF LENT, FEBRUARY 21

At that time Jesus came from Nazareth in Galilee and was baptized by John in the Jordan. Just as Jesus was coming up out of the water, he saw heaven being torn open and the Spirit descending on him like a dove. And a voice came from heaven: "You are my Son, whom I love; with you I am well pleased." At once the Spirit sent him out into the wilderness, and he was in the wilderness forty days, being tempted by Satan. He was with the wild animals, and angels attended him. After John was put in prison, Jesus went into Galilee, proclaiming the good news of God. "The time has come," he said. "The kingdom of God has come near. Repent and believe the good news!"

Mark 1:9-15

I am a sinner. No doubt about it. Every decade, I see progress in my journey to be a better disciple, more like Jesus, but I continually stumble and fall. I also, continually, ask for, receive, and am grateful for God's forgiveness. It doesn't matter if my sin is minor or a real boner, I am confident that God sees my heart and forgives my sin. This happens probably every day, for I don't suppose there is any day where I have been perfect.

Prayer: God, our Father, we are so thankful that you have provided a path to forgiveness in Jesus, the Messiah. We thank you every day for your grace and mercy in our lives. Amen.

Meredith Eckel
Central Baptist Church, Westerly
