

“Every relationship improves when we really start to listen, especially our relationship with God.”

MATTHEW KELLY, *Resisting Happiness*

First and Center

Pastor's Blog

Ash Wednesday, February 26, 2020

Six weeks of Lent. On Sunday, I challenged us all to make our Lenten discipline one of listening, specifically to Jesus, as God said to Peter, James and John on the Mount of Transfiguration. Here are some guides for your listening over the next six weeks.

Each week, begin on Sunday with worship. Take time during the service to listen closely, to pay attention, to actually expect God to have a word or idea for you.

Beginning Monday, take a little time to read a short scripture and then just be silent with it as long as you can. Let the thoughts and reflections come freely, even if they don't seem related to the scripture. They may be garbage you need to get out so you can focus, or they may be related in odd ways that will become clear. If you are a journaling person, write them down. Afterward, don't pray with a list of requests, simply say *"thank you."*

Here are some possible scriptures for focus in this sacred time before Easter:

- Week One: Matthew 6:25-33
- Week Two: Matthew 6:19-21
- Week Three: Matthew 6:12
- Week Four: Matthew 6:15-20
- Week Five: John 13:34-35
- Week Six: John 14:26-27

I'll come back in Holy Week with some focus scriptures for the last three days of Lent. Blessings on your time!

~ The Rev. Shelly Stackhouse
Transitional Minister