

Wednesday, February 10

Ash Wednesday

SHARE – your High & Low of the Day

If there is no one there with whom to share, perhaps you could call, text, Skype a family member, friend or other disciple of Jesus. As a last resort you could review them with yourself or write them in a journal.

READ – Joel 2:12-13

*Yet even now, says the Lord,
return to me with all your heart,
with fasting, with weeping, and with mourning;
rend your hearts and not your clothing.*

***Return to the Lord, your God,
for he is gracious and merciful,
slow to anger, and abounding in steadfast love,***

TALK – Share how the Scripture speaks to you.

How does it relate to your Highs & Lows?
Then you may choose to ponder these questions?

- 1) How have you strayed from God?
- 2) How will you re-turn to God?
- 3) From who else have you drifted & why?
- 4) How will you re-turn to them?

PRAY – Give thanks & ask for God's help for your partner's or your own High & Low. Lift up the other concerns on your heart, including those raised in the questions above. Close with the Lord's Prayer.

BLESS – Trace the cross on their / your forehead.

You may say these words adapted from:

Psalm 51:12

***May God restore the joy of your salvation and
Sustain you with God's bountiful Spirit.***

Additional ways to bless others.

- Return something you borrowed from another
- Thank someone who has show you grace and mercy
- Add your own ideas.

Thursday February 11

SHARE – your High & Low of the Day

If there is no one there with whom to share, perhaps you could call, text, Skype a family member, friend or other disciple of Jesus. As a last resort you could review them with yourself or write them in a journal.

READ – Psalm 51:1-2, 6

***Have mercy on me, O God, according to your
steadfast love; in your great compassion blot
out my offenses. Wash me through and through
from my wickedness, and cleanse me from my
sin. Indeed, you delight in truth deep within me,
and would have me know wisdom deep within.***

TALK – Share how the Scripture speaks to you.

How does it relate to your Highs & Lows?
Then you may choose to ponder these questions?

- 1) What offenses have you made to others and therefore to God?
- 2) How great is God's compassion for you?
- 3) What is the truth and wisdom deep within you in which you think God wants you to delight?
- 4) For whom do you need to offer great compassion?

PRAY – Give thanks & ask for God's help for your partner's or your own High & Low. Lift up the other concerns on your heart, including those raised in the questions above. Close with the Lord's Prayer.

BLESS – Trace the cross on their / your forehead.

You may say these words adapted from:

Psalm 51:12

***May God restore the joy of your salvation and
Sustain you with God's bountiful Spirit.***

Additional ways to bless others.

- Make amends to one whom you offended
- Offer deep compassion to another
- Remember that that someone who annoys you also has the truth and wisdom on God deep within.
- Add your own ideas

Friday, February 12

SHARE – your High & Low of the Day

If there is no one there with whom to share, perhaps you could call, text, Skype a family member, friend or other disciple of Jesus. As a last resort you could review them with yourself or write them in a journal.

READ – Psalm 51:10-12

***Create in me a clean heart, O God,
and renew a right spirit within me.
Cast me not away from your presence,
and take not your Holy Spirit from me.
Restore to me the joy of your salvation
and sustain me with your bountiful Spirit.***

TALK – Share how the Scripture speaks to you.

How does it relate to your Highs & Lows?

Then you may choose to ponder these questions:

- 1) When have you felt God's bountiful Spirit?
- 2) What does it mean to be sustained by the Spirit?
- 3) When have you been joyful?
- 4) Will you ask God to bring you more joy?

PRAY – Give thanks & ask for God's help for your partner's or your own High & Low. Lift up the other concerns on your heart, including those raised in the questions above. Close with the Lord's Prayer.

BLESS – Trace the cross on their / your forehead.

You may say these words adapted from:

Psalm 51:12

***May God restore the joy of your salvation and
Sustain you with God's bountiful Spirit.***

Additional ways to bless others.

- Share with another a time when you felt God's presence.
- Smile at each person you see today to welcome their presence among you, even if you do not want.
- Add your own ideas.

Saturday, February 13

SHARE – your High & Low of the Day

If there is no one there with whom to share, perhaps you could call, text, Skype a family member, friend or other disciple of Jesus. As a last resort you could review them with yourself or write them in a journal.

READ – Matthew 6:19-21

Jesus said, "Do not store up for yourselves treasures on earth, where moth and rust consume and where thieves break in and steal; but store up for yourselves treasures in heaven, where neither moth nor rust consumes and where thieves do not break in and steal. For where your treasure is, there your heart will be also."

TALK – Share how the Scripture speaks to you.

How does it relate to your Highs & Lows?

Then you may choose to ponder these questions:

- 1) What are my treasures?
- 2) Do these treasures receive the majority of my most prized commodity, my time?
- 3) Do I need to change any priorities?
- 4) What material treasures will I choose to live without so that others may simply live?

PRAY – Give thanks & ask for God's help for your partner's or your own High & Low. Lift up the other concerns on your heart, including those raised in the questions above. Close with the Lord's Prayer.

BLESS – Trace the cross on their / your forehead.

You may say these words adapted from:

Psalm 51:12

***May God restore the joy of your salvation and
Sustain you with God's bountiful Spirit.***

Additional ways to bless others.

- Today fast from "screen time" (TV, computer, phone, games) and spend time listening to people and maybe talking a little too.
- Vow that the next time someone says they like something of your, give it to them.
- Add your own ideas.

1st Sunday in Lent, February 14

SHARE – your High & Low of the Day

If there is no one there with whom to share, perhaps you could call, text, Skype a family member, friend or other disciple of Jesus. As a last resort you could review them with yourself or write them in a journal.

READ – Luke 4:1-4

Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit in the wilderness, where for forty days he was tempted by the devil. He ate nothing at all during those days, and when they were over, he was famished. The devil said to him, “If you are the Son of God, command this stone to become a loaf of bread.” Jesus answered him, “It is written, ‘One does not live by bread alone.’ ”

TALK – Share how the Scripture speaks to you. How does it relate to your Highs & Lows? Then you may choose to ponder these questions?

- 1) How centered around food is my life?
- 2) What can I do to reduce my food waste?
- 3) How do I not live by bread alone?
- 4) Turning stones to bread reflects the desire to be effective or relevant; how does my desire to see the fruits of my own actions and to meet people’s needs influence my following God?

PRAY – Give thanks & ask for God’s help for your partner’s or your own High & Low. Lift up the other concerns on your heart, including those raised in the questions above. Close with the Lord’s Prayer.

BLESS – Trace the cross on their / your forehead.

You may say these words adapted from:
Psalm 91:2

God is my/our refuge and stronghold in whom I/we put my/our trust.

Additional ways to bless others.

- Fast from one meal today; spend the time instead building your relationship with God or others.
- Eat smaller portions today.

Monday, February 15

SHARE – your High & Low of the Day

If there is no one there with whom to share, perhaps you could call, text, Skype a family member, friend or other disciple of Jesus. As a last resort you could review them with yourself or write them in a journal.

READ – Luke 4:5-8

Then the devil led him up and showed him in an instant all the kingdoms of the world. And the devil said to him, “To you I will give their glory and all this authority; for it has been given over to me, and I give it to anyone I please. If you, then, will worship me, it will all be yours.” Jesus answered him, “It is written, ‘Worship the Lord your God, and serve only him.’ ”

TALK – Share how the Scripture speaks to you. How does it relate to your Highs & Lows? Then you may choose to ponder these questions:

- 1) What desires are getting in the way of your relationship with God and others?
- 2) What “things” in your life require too much attention or resources?
- 3) How will you change the situation in questions number 1 and 2?
- 4) What behaviors do you employ to have a place of power over others in each of your relationships?

PRAY – Give thanks & ask for God’s help for your partner’s or your own High & Low. Lift up the other concerns on your heart, including those raised in the questions above. Close with the Lord’s Prayer.

BLESS – Trace the cross on their / your forehead.

You may say these words adapted from:
Psalm 91:2

God is my/our refuge and stronghold in whom I/we put my/our trust.

Additional ways to bless others.

- Refrain from impulse buying during Lent.
- Take action on Question Number 3.
- Yield to others physically and conversationally.