

**Lent 2022
with
Colonial Avenue
Baptist Church**

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As we enter Lent, the season of preparation for Easter, we hope this booklet will be helpful as we learn more about who Jesus says he is (focusing on the "I Am" statements in the Gospel of John), what that means Jesus is to us personally, and who we are called to be in response.

Traditionally, Christians have observed three practices during Lent: prayer, fasting, and giving.

For each week of Lent, we have provided a scripture to read (and memorize if you are able), a breath prayer, a suggestion of something to fast from, and a suggestion of a way that you might give to or serve others during the week.

If you would like to dive deeper into scripture, we have also included a schedule which will allow you to read through the Gospel of John during Lent.



• PRAY • FAST • GIVE •

Week One: March 2-5
"I Am the Light of the World"

Read (and memorize, if you are able) John 8:12.

"I am the light of the world.

Whoever follows me won't walk in darkness
but will have the light of life."

Pray a breath prayer. Begin by breathing in and out, deeply and slowly. As your body and mind grow still, pray the following phrase as you inhale and exhale. This is also a wonderful way to pray as you walk.

Breathing in: Light of the World

Breathing out: Shine on me.

Fast from judgment this week. When you notice that you are feeling critical of someone else, try to be curious instead. What might cause them to feel/act/think as they do, and how might you learn something from them or make your relationship with them better?

Give a gift that brings light to someone else this week. It may be material (maybe an actual light, such as a candle or flashlight, with a note of how you see the light of God's love shining in them). But, the gift of a kind word, a smile, a random act of kindness, or an unexpected note or text or call can also allow God's light to shine through you.



Week Two: March 6-12
"I Am the Gate"

Read (and memorize, if you are able) John 10:9.

"I am the gate.

Those who come in through me will be saved.

They will come and go freely and will find good pastures."

Pray a breath prayer. Begin by breathing in and out, deeply and slowly. As your body and mind grow still, pray the following phrase as you inhale and exhale. This is also a wonderful way to pray as you walk.

Breathing in: Jesus, the Gate,

Breathing out: Keep me safe and secure.

Fast from worry this week. When you find yourself feeling unsafe, anxious, or uneasy, remember that you are safe under Jesus' watchful eye. Look and listen for ways Jesus protects and provides for you each day this week.

Serve by opening doors for others this week. (The word translated as "gate" in our memory verse also means "door." You may physically open doors for others, or you may open doors by helping someone have a new experience, connecting someone with a need to someone who can meet that need, or sharing how Jesus has given you an abundant, full life – and wants to do the same for them.



Week Three: March 13-19
"I Am the Good Shepherd"

Read (and memorize, if you are able) John 10:14.

"I am the good shepherd;
I know my own sheep, and they know me."

Pray a breath prayer. Begin by breathing in and out, deeply and slowly. As your body and mind grow still, pray the following phrase as you inhale and exhale. This is also a wonderful way to pray as you walk.

Breathing in: Jesus, my good shepherd

Breathing out: I belong to you

Fast from noise this week. Don't turn on the radio in the car or the television as background noise in the house. Instead, make intentional time for silence, listening for the voice of the Good Shepherd.

Give to the church's collection for Keystone Community's (or another food collection). As you give, say a prayer of thanks for the Good Shepherd who provides for our needs.



Week Four: March 20-26

“I Am the Resurrection and the Life”

Read (and memorize, if you are able) John 11:11

“I am the resurrection and the life.

Anyone who believes in me will live, even after dying.”

Pray a breath prayer. Begin by breathing in and out, deeply and slowly. As your body and mind grow still, pray the following phrase as you inhale and exhale. This is also a wonderful way to pray as you walk.

Breathing in: Resurrected one,

Breathing out: Breathe new life in me.

Fast from something that is keeping you from the abundant life to which God calls you. What is filling up your time, your life, your heart that prevents you from spending time with God and living the new life Jesus wants you to have? Maybe you need to give up screen time or gossiping (even in the name of sharing “prayer concerns”). Perhaps you need to give up complaining. Think about what takes most of your time and energy. If it is distracting you from God, is it something you can give up for awhile? If not, how can you turn your focus to God in the midst of it?

Give the gift of presence to someone who is grieving this week. All of us have friends, neighbors, or fellow church members who are grieving the loss of a loved one. This week, send a card, text or call them, ask them to join you for a meal, or take them a small gift to show that you are with them, that you have compassion for them, just as Jesus did for Mary and Martha when Lazarus died.



Week Five: March 27-April 2
"I Am the Way, the Truth, and the Life"

Read (and memorize, if you are able) John 14:8.

"I am the way, the truth, and the life.

No one can come to the Father except through me."

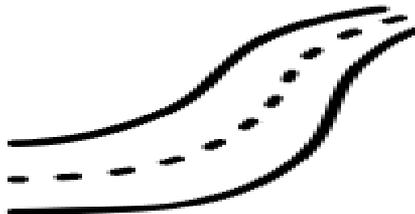
Pray a breath prayer. Begin by breathing in and out, deeply and slowly. As your body and mind grow still, pray the following phrase as you inhale and exhale. This is also a wonderful way to pray as you walk.

Breathing in: Jesus, the way, truth, and life

Breathing out: Make me your witness today

Fast from negative thoughts this week, about others and about yourself. When you find yourself thinking negatively, recite a truth from scripture instead. For example, if you find yourself thinking you aren't smart enough, good enough, etc., remind yourself that you are made in God's image, a beloved child of God. If you find yourself judging someone else, remember Jesus' words that we should not judge others, lest we be judged.

Give the gift of truth and kindness this week. Write a note to a friend, telling them what you appreciate about them. Ask to speak to a manager and share kind words about the person who serves you at a store or restaurant. Find ways to speak truth and love to those you encounter.



Week Six: April 3-9 "I Am the Vine"

Read (and memorize, if you are able) John 15:5.

"I am the vine; you are the branches.
Those who remain in me, and I in them,
will produce much fruit.
For apart from me you can do nothing."

Pray a breath prayer. Begin by breathing in and out, deeply and slowly. As your body and mind grow still, pray the following phrase as you inhale and exhale. This is also a wonderful way to pray as you walk.

Breathing in: Jesus, my vine
Breathing out: I abide in you.

Fast from unnecessary travel this week. As you spend time in your home, give thanks to God for being your dwelling place.

Give a "Welcome Home" item to the church's collection for the Rescue Mission. Our memory verse uses the word remain, which can also be translated abide or live. This collection will go to help set up a new home for someone who is transitioning out of homelessness. As you give, say a prayer that the person who receives your donation will abide not only in their new space, but also in Jesus, the vine.

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Week Seven: April 10-16 (Holy Week) "I Am"

Read (and memorize, if you are able) John 18:8
"I told you that I Am."

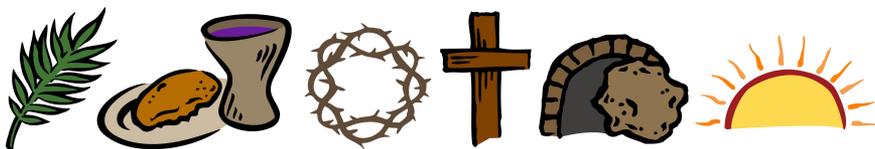
Pray a breath prayer. Begin by breathing in and out, deeply and slowly. As your body and mind grow still, pray the following phrase as you inhale and exhale. This week, fill in the blanks. Tell Jesus who he is to you, and as you breathe out, tell him what you need.

Breathing in: Jesus, _____

Breathing out: _____

Fast from bitterness and resentment. This week we are reminded that Jesus loved us so much he was willing to die to demonstrate that love. When even his closest friends betrayed and abandoned him, Jesus forgave. Do you need to forgive someone this week?

Give extra time to God by attending Holy Week services, in person or online. If you are unable to attend, spend time thinking about how astonishing God's love is for the world – and for you.



<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
Read through the Gospel of John during Lent			<i>March 2</i>	3	4	5
			John 1:1-18	John 1:19-28	John 1:29-34	John 1:35-51
6	7	8	9	10	11	12
John 2:1-12	John 2:13-23	John 3:1-21	John 3:22-30	John 3:31-36	John 4:1-42	John 4:43-54
13	14	15	16	17	18	19
John 5:1-18	John 5:19-29	John 5:30-46	John 6:1-15	John 6:16-21	John 6:22-59	John 6:60-71
20	21	22	23	24	25	26
John 7:1-9	John 7:10-24	John 7:25-36	John 7:37-39	John 7:40-52	John 7:53-8:11	John 8:12-20
27	28	29	30	31	<i>April 1</i>	2
John 8:21-30	John 8:31-38	John 8:39-59	John 9:1-12	John 9:13-34	John 9:34-51	John 10:1-21
3	4	5	6	7	8	9
John 10:22-42	John 11:1-16	John 11:17-27	John 11:28-37	John 11:38-44	John 11:45-57	John 12:1-11
10	11	12	13	14	15	16
John 12:12-19	John 12:20-26	John 12:27-36	John 12:27-30	John 13:1-18:27	John 18:28-19:37	John 19:38-42
17- <i>Easter</i> John 20:1-29	18 John 20:30-21:24					

You may want to practice *Lectio Divina* as you read. This is a practice of holy reading, of "chewing on the word."

1. **READ** the passage of Scripture several times – silently and aloud.
(take a bite)
2. **REFLECT** and meditate on the word or phrase that caught your heart
(chew)
3. **RESPOND** in prayer to what God called to your attention (savor)
4. **REST** in God, contemplating his word to you (digest).

To learn more about *lectio divina*, visit
<https://www.prayerandpossibilities.com/lectio-divina-prayer/>.