

# 1st SUNDAY OF LENT

## KEEPING IT REAL

Transforming our Lives in Lent

# Pray



### Heart of Love

God of Silence, you invite us in the first week of Lent to enter the quiet of our souls. Allow us to remove the things that distract us from growing in our relationship with you. Teach us this week to enter the desert of silence and just be in the quiet with you.

Amen

### Act of Love

Spend 20 minutes to 30 minutes daily in silent prayer. Prayer is our time with God and where we grow in our relationship with God. Let this week be your time in the desert with God.

### Word of Love

In 2003, the entire eastern seaboard of North America was effected by a massive blackout. All sources of energy were cut off . no computers or television. The people effected by the blackout entered the desert of simplicity.

Lent calls us to enter the desert of simplicity. We need to cut off those things that keep us from growing in our relationship with God. Jesus spent 40 days in the desert away from the luxuries of life and we too must spend time away from those things that distract us. By cutting off distractions, we enter the silence of the desert with Jesus. This is where we begin to grow in our relationship with God and realize what is real.

#### **Reflection**

Discuss the ways the world keeps us from entering the silence. What do you do to allow time for silence? What makes it difficult for you to find a silent place?