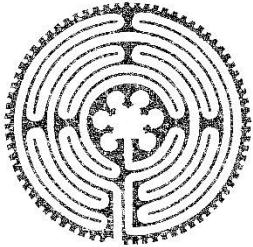


Lenten Resources:

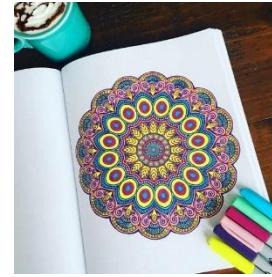
Lent is a holy season in which we recognize the call of Christ—to live in a way that honors God and honors God's creation. For many it is a time to fast from those things which distract us from a relationship with Christ. For others it is a time to take on new practices that shape us into Christ-likeness. Perhaps you would like to enter this season with a commitment to one or both of the above. The HillSong Pastoral staff wants to support you on this journey. We, too, will be on a Lenten journey of seeking Christ in ourselves and the world.

Here is a collection of resources to help you in choosing a Lenten practice.



MEDITATIVE GUIDES:

Use finger labyrinths and coloring Mandalas. We have copies of finger labyrinths and a Mandala coloring book you can photocopy pages from in the church office. The purpose of each is to engage your mind in a form of stimulation that enables you to separate from the worldly burdens you carry even in your subconscious. Once your mind is "still" you can remain in the peace of Christ, or enter into prayer or study.



CONTEMPLATIVE PRACTICES:

- A unique practice is writing parables. A parable is an understanding of truth through storied expression. A parable generally comes in three parts: 1) a statement of common understanding and existence, 2) an unsettling event within that existence, 3) an outcome that is unexpected or subversive.
- Each week try writing a parable and refining that parable as you reflect through the week. These parables do not have to relate to scripture, but will relate to the understanding you have of God through the sacred text.

DEVOTIONAL WEBSITES:

- d365.org
- www.crosswalk.com
- odb.org (our daily bread)

GROUP CONVERSATIONS:

- Laura Driggers is facilitating an online discussion group following *Wondrous Encounters* by Richard Rohr. Contact Heather for a book and ways to get involved in the discussion.
- An online group discussion about the philosophy behind theology can be found at <https://peterrollins.com/atheism-for-lent/> (This is NOT endorsing atheism, but an honest exploration of our practices of belief.)