

Lent Reflections

I am... the bread of life

Read: John 6:25-40

Ask: When was a time you looked to something that you truly thought would satisfy and left you still wanting more?

Pray: *Maybe you feel empty today. Or, like a child who's had too much candy, you may ache from being full on the wrong things. Jesus- move my affections from things that don't satisfy and help me to become more aware of You, my complete satisfaction.*

I am... the light of the world

Read: John 8:2-20

Ask: Is there a specific area of life that you would like God to bring light to? Is there something you have been keeping from others in hopes that it never comes to light?

Pray: *Light of the world, I pray for clarity where I find myself in darkness. I confess areas where I am living in darkness and bring them to you who illuminates all things.*

I am... the gate for the sheep

Read: John 10:1-10

Ask: We have all taken a wrong door. Is there one that is most notable to you? How did going through this door impact your life? Does it influence your perspective when Jesus says, "I am the door?"

Pray: *A breath prayer is one that you can incorporate throughout your day, and serves as a reminder when you breathe. It is typically 7-9 words. Take some time to turn this "I Am" statement of Jesus into a breath prayer. It may be something like this: "Jesus, doorway to life, my protector and defender."*

I am... the good shepherd

Read: John 10:11-21

Ask: What are the characteristics of the shepherd that this passage referenced? What stands out? What are you drawn to?

Pray: As you focus on a specific characteristic of the good shepherd, take this as an opportunity to pray. Set aside time, free from distraction, to be able to hear Jesus speak. His promise is not only that he is good, but that we will hear his voice.

I am... the resurrection & the life

Read: John 11:1-44

Ask: Is there an area of your life that you find it hard to trust that Jesus understands and can make a difference? Why?

Pray: Martha and Mary expressed deep hurt and pain to Jesus, even frustration over his absence. Jesus himself wept. Offer your honest feelings to the Lord. One that the resurrection and the life has his ear open to.

I am... the true vine

Read: John 15:1-17

Ask: Where does it seem like God may be pruning you? Perhaps you are feeling disappointed for something you really wanted and didn't get. Maybe something in your life is revealing to you an invitation to growth.

Pray: If something comes to mind, this is an invitation to trust him. Ask the Gardener what He might be making room for as He prunes and cuts away branches.

I am... the way, the truth & the life

Read: John 14:1-14

Ask: What are different views about Jesus? How do they line up with what Jesus has said about himself?

Pray: Pray this prayer, based on the prayers of Erasmus, a Dutch priest in the 1500's:

"O Lord Jesus Christ, you have said that you are the way, the truth and the life. Help us not to stray from you who is the way, nor to distrust you who is the truth, nor to rest in anything other than you, who is the life."