

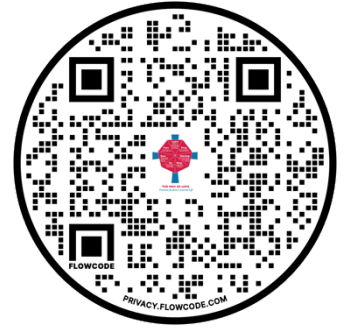


## BULLETIN INSERTS

**February 18, 2024 – Lent 1 (B)**

**Week 1: Life Transformed – The Way of Love in Lent**

The journey through Lent into Easter is a journey with Jesus. We are baptized into his life, self-giving, and death; then, we rise in hope to life transformed. This Lent, communities are invited to walk with Jesus in his Way of Love and into the experience of transformed life. Together, we will reflect anew on the loving actions of God as recounted in the Easter Vigil readings. Together, we will walk through the depths of salvation history into the fullness of redemption. Throughout Lent, come along with us as we explore Life Transformed: The Way of Love in Lent, produced by Hillary Raining and Jenifer Gamber. You can find resources mentioned below at [iam.ec/lifetransformed](http://iam.ec/lifetransformed) or by scanning the QR code to the right.



### Week 1

#### Sunday, February 18

*Today's Practice:* Watch the Rev. Dr. Hillary Raining's video at [iam.ec/lifetransformed](http://iam.ec/lifetransformed) for Week 1. The topic is based on the practice "Turn" and is titled, "Dead to Sin, Alive in Christ".

*Read:* Romans 6:3-11

#### Monday, February 19

*Today's Prompt:* Who has taught you to live a Jesus-filled life? Who have you taught?

*Read:* "So we do not lose heart. Even though our outer nature is wasting away, our inner nature is being renewed day by day." – 2 Corinthians 4:16

#### Tuesday, February 20

*Today's Prompt:* How do you incorporate rest into your life?

*Read:* "Thus says the Lord: Stand at the crossroads and look, and ask for the ancient paths, where the good way lies; and walk in it, and find rest for your souls. But they said, "We will not walk in it.'" – Jeremiah 6:16

#### Wednesday, February 21

*Today's Prompt:* Go for a walk today and pray with your feet, each step with intention.

*Read:* "Many peoples shall come and say, 'Come, let us go up to the mountain of the Lord, to the house of the God of Jacob, that he may teach us his ways and that we may walk in his paths.'" – Isaiah 2:3a

#### Thursday, February 22

*Today's Prompt:* How do others experience the love of Christ you bring?

*Read:* "By contrast, the fruit of the Spirit is love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, and self-control. There is no law against such things." – Galatians 5:22-23

#### Friday, February 23

*Today's Prompt:* Where are you being encouraged to "show up"?

*Read:* "Then they also will answer, 'Lord, when was it that we saw you hungry or thirsty or a stranger or naked or sick or in prison and did not take care of you?' Then he will answer them, 'Truly I tell you, just as you did not do it to one of the least of these, you did not do it to me.'" – Matthew 25:44-45

#### Saturday, February 24

*Today's Prompt:* What is most meaningful to you in worship?

*Read:* Book of Common Prayer, p. 281

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