

The Lent Project

From Ministry to Motherhood

A season of preparation and discovery.

By Becky Roushorne-Lau

What is this for?

Lent is a season of preparation for Easter. We seek to make our hearts ready for all that will happen, all that is to come.

Why do this?

Why not? Setting aside time daily with God will strengthen your prayer life and enable you to have some peace in the midst of busyness. It's a win/win.

What do I need?

Your favourite beverage, something to take notes in and a Bible are a good start.

Otherwise I'd add in a quiet place and maybe a warm blanket if it's a chilly morning.

I hope you'll join us as we journey through Lent!

Wednesday March 5

And so we begin. This is a season of preparation and watching. A season of discovery and promise. A moment in our lives when we slow down and look at the ways God has invested in us and prepared us for our ministry, for our mission.

In the beginning God created...

Read Genesis 1:1-2, 31.

In the beginning God created the earth and light and life came forth. God was happy with who we were and we were created in by God, in God's image. Why are we often discontent with who we are? Why are we not satisfied with God's creation?

As you move through today meditate on how God created you. You are not an accident. Does this change the way you feel about yourself?

Thursday March 6th:

Read Genesis 15:1-6

God promised Abraham that he would have descendants as numerous as the stars. This promise would have been unbelievable to him as his wife was barren and they were both old. Uncertain and unsure of what this meant, Abraham was told by God not to be afraid, that God would be his shield and reward. As we read through the Bible we can see multiple times God telling people not to be afraid, that God would protect and guide them. We also see instances of people doubting that promise and living in fear.

Do you see God as your shield and reward?
Do you believe God's promises and feel God's investment?

As you move through today think about faith and trust. Do you really believe that God will do what God says he will do?

Friday March 7th:

Read Exodus 3:1-10.

Moses met God. Brought into the presence of the living God he was terrified and awed and amazed. God cares enough about his people that he is willing to come into our presence and make things happen but we need to be open to hearing God's spirit and responding to his leading. Would we hear God's call if it happened to us?

Moses heard and responded Moses was called into service and he responded. Are we willing to serve? Willing to listen? Do we see the burning bushes in our lives?

As you move through today meditate on God's presence in your life. Pray to feel God's spirit and direction in your life.

Saturday March 8th:

Read Micah 6:8

What does the Lord require of you?

Seeking justice.

Loving kindness.

Walking humbly with God.

These three things are what we need to do to live God honouring lives. Do we do that? Are we noticing injustice? Do we love and practice kindness to those we meet. Do we humbly come before God daily asking for guidance and offering thanksgiving? When we look at the life of Jesus and study his actions and teachings we see a man living out his life in this way. We see what it means to seek justice. We discover what happens when one practices kindness. We learn how to walk humbly with God. As we continue in our study we will look at the life of Jesus and see how he lives out this calling in his life.

As you move through today meditate on these requirements. How can you live your life in such a way that it models this statement and shine's God's light into this world?

Sunday March 9th:

Read John 1: 1-5

Jesus has always been. In the beginning was the word and the word was with God and the word was God... Jesus brings light and life into the world but do we see it? Have we seen it? Are we shining it? As we take a closer look this week at the beginning of God with us we will see the impact Jesus made right from the very beginning. We will dive into this light and life he brings and seek new ways of knowing him.

As you move through today think of the ways you shine Jesus' light into this world? How can you show to others the Good News as you go about your daily activities?

Monday March 10th:

Read Luke 2:22-40

When Jesus was a new born his parents took him to the temple to be presented and they encountered Simeon and Anna waiting for Jesus' arrival. Two old, weathered souls who had believed in God's promises and were patient and persistent. They had longed for the day they would meet the one who save them.

Can you imagine waiting your whole life to meet the saviour and discovering he came in the form of a tiny child. What would your reaction be? Would you rejoice in song or question how it could be?

The waiting and wondering that Anna and Simeon did is an example of faith and patience, of believing God will do what he says he will do.

As you move through today think about your faith. Are you willing to wait for God's promises to come true? Are you willing to wait for God's time instead of your own?

Tuesday March 11:

Read Luke 2: 41-52

Being twelve an incredible time in a young man's life. The world is an incredibly interesting place and he's learning and growing more each day. When Jesus and his family were traveling from Jerusalem his parents assumed that he had gone off with some family members and was exercising a little independence.

Little did they know he had stayed behind and was studying and learning from the scholars in Jerusalem. At 12 Jesus already knew what was important and he was passionate about God and learning more about truth.

That desire to learn about God and know him better is something we should all aspire too. What do we spend our time on and what draws our attention? Do we make time to study and learn more about God?

As you move through today think about your relationship with God. Are you passionate about God and wanting to learn more and study? Think of ways you can make your study routine more comfortable and enjoyable. Find a way to sink in and really enjoy your quiet time with God.

Wednesday March 12th:

Read Luke 3:21-22

God claims Jesus as his son and says he is pleased with him. This open expression of love and acceptance of Jesus is a beautiful thing. It's at the beginning of Jesus' ministry when we start to see just how special Jesus is. A man who was sent to love and teach us, to heal and inspire us. How amazing is this gift? How incredible a sacrifice?

As you move through today let us think of what it means to be in relationship with God. How much God loved us and how he was willing to send his son to teach and guide you.

Thursday March 13th:

Read Luke 4:1-13

As Jesus is tempted he is offered every material thing yet he doesn't take it. He's given the opportunity to rule the world and yet he says no. He knows what will help him fulfill his ministry in life, what will take him where he needs to go and those things aren't material things. Jesus' priorities are in place. His future is set even at the very beginning of his ministry. He has made his choice and will follow God's plan for him.

So many things in life distract and distance us from God if we let them. We have to make choices daily. As you move through today will you choose God's way or the world's way?

Friday March 14th:

Read Luke 4:14-30

There are times in all our lives where we can't see what's happening right in front of us. Too much is distracting us and we don't have enough faith to see the answer that is sitting right there. Jesus experienced this himself first hand. His hometown couldn't see who he truly was because all they knew was Jesus as a boy, as the little child who had played at their feet.

Too often we don't see things because we are too comfortable in life and have stopped noticing. How many times have missed miracles and messages from God because we haven't seen and aren't looking? As you move through today take time to notice. See the people around you and witness what happens in this world with fresh eyes.

Saturday March 15th:

Read Revelation 1:8, 17-18

Jesus is the one who was and the one who will come again. Jesus is our good news, great news in fact. In today's world Jesus is often talked about as a great teacher or prophet. We think of him in terms of what has past and forget that he is part of a living, forceful presence that continues to make and impact today.

Jesus through his teaching, through his death and resurrection and the sending of the Holy Spirit continues to guide us and encourage us daily. We need not be afraid because he is with us even then things seem scary and overwhelming. We live in a fearful society. Weather forecasts are agonized over, people are afraid of their neighbours and no one feels safe in the dark. We can trust God, trust that God is with us but do we? Are we confident that we are not alone and need not be afraid?

As you move through today meditate on the things that make you anxious. Have you surrendered your fears and struggles and brought them to God? How will you let go of your need for control and just exist confident in the one who saves?

Sunday March 16th:

Read Matthew 6:9-13

The Lord's prayer is a perfect prayer model for us. It shows us exactly what we should be praying for and how we should structure our time with God. Jesus shows us that we should be praising God, surrender ourselves to God's will, ask for our needs to be met, work to cultivate an attitude of forgiveness and ask for help away from the things that tempt us. If we were to structure all our prayers like this we would hit just about everything we would hit just about everything we need to {besides Thanksgiving}.

When you pray do you hit all these key areas? Do you need some guidance and direction when you pray? As you move through today try praying through the Lord's prayer. Think of what each part means and address it as you pray. In using this model we can ensure that the prayers are more about God and less about us.

Monday March 17th:

Read Matthew 6:5-8

Silence is a beautiful thing that we don't often get to experience in the modern world. Our streets are noisy and crowded. There is music constantly playing in the background. Cell phones and alarms go off constantly reminding us of meetings and obligations. When we take time to be silent and still with God we are honouring God and making God the most important thing in that moment. This helps us focus and be free from distractions.

When we pray alone in quiet we honour God by not making the prayer about us. Are we honouring God each day with quiet prayer and study? Do we allow time in this period we set aside to listen and hear where God wants us to go? As you move through today reflect on your quiet time with God. Is it all that you want it to be? How could things change so it is even better.

Tuesday March 18th:

Read Luke 9:18-2

Jesus practiced what he preached and he used his quiet time to refuel and connect with God before he went out to serve. He also used his quiet time to teach and encourage those who were closest to him. Worship and community was important to Jesus and he shared and modelled that for his disciples. In our life there are communities and connections which serve this purpose of support and encouragement. As God's people we are all given different gifts and strengths which can be used to lift up and strengthen the community of faith in which we belong.

Have we looked at our gifts and strengths and invested in our church community? Do we reach out to teach others and share faith with those who are new or struggling? As you move through today think of the ways you contribute or could contribute to your community of faith. Do you feel God calling you in a new direction?

Wednesday March 19th:

Read Matthew 26-39

Even in times of trouble or sadness Jesus turned to God and surrendered control. He didn't do so without emotion. He felt things and struggled but ultimately he knew that trusting God was the right thing, the only thing he could do. When we suffer during seasons of grief and sorrow do we do the same thing or do we get angry and push away? Turning to God gave Jesus the strength he needed to persevere through the most horrible of days.

As you move through today meditate on faith and struggles. Do you turn towards God during seasons of strain? Do you trust that God will strengthen and support?

Thursday March 20th:

Read Luke 23:34a.

Even in his last moments Jesus thought about others. Jesus asked for forgiveness and continued to love the people who would hurt him. This is incredible. During times of struggle and pain it's often easier to lash out and push away than it is to forgive and draw others closer.

In our own lives which model do we follow? Are we following Jesus or working towards a selfless way of living? As you move through today meditate on ways you can practice this model of grace based living.

Friday March 21st:

Read Matthew 19:13-15

When we pray we often get caught in the trap of asking for things we need and assistance for issues in our life. Praying for others is an important part of the Christian life. When we pray for others we encourage and uplift them. When we pray for others we take the focus of ourselves instead begin to focus on seeing what other's needs are and serving them. When Jesus prayed for the little children he encouraged them, showed them he cared and lifted them up to God.

When we pray for others it brings encouragement and lifts them up. As you move through today think of others you can pray for. Who needs their concerns to be brought to the Lord?

Saturday March 22nd:

Read Luke 9:28

Sometimes we need to step out of our daily lives and into a period of quiet reflection. Jesus took Peter, John and James with him to the mountain to pray. Sometimes we need time in quiet, in peace. If Jesus could take time to be apart, so should we. If we can't slip away for a weekend surely we can do so for the afternoon.

As you move through today plan a time that you will slip away and take a complete break from everything over the next little while. Turn off your cell phone, shut down your computer and be still, contemplate life and experience God separate from all the distractions of everyday life.

Sunday March 23rd:

Read Matthew 21:19-22

As Christians we say we believe that God will answer prayers but do we always trust that the answer will come? Often when it doesn't come quickly or we're not happy with the answer we become discouraged and distant. When we pray for healing, for help and hope it can be hard to wait and we may begin to doubt. That doubt though holds us back. It prevents us from moving forward in life and walking with confidence into the future.

As you move through today think about the doubts and struggles you are dealing with now. Try to think of possibilities instead of problems and remind yourself that God is with you and will carry you through. Imagine what could happen if you believed in the possibilities.

Monday March 24th:

Read Matthew 17: 14-21

Jesus healed a boy who was possessed and the disciples couldn't understand why it hadn't been possible for them. They hadn't possessed enough faith. They didn't believe it would work. So many times in our lives we start things and don't finish them because doubt takes over. Has God placed dreams in your heart that you haven't followed due to fear?

As you move through today think of the ways you could step out in faith. Think of something you would change if only you had faith.

Tuesday March 25th:

Read Luke 15:11-32

Sometimes it's hard when you've lived a good life {or at least tried to} to see forgiveness given after people do things you don't like or haven't gotten to do yourself. It's hard to think of changing and opening yourself, your church and your community to others when all along you've been there and you're comfortable with how things are. It can be hard to offer forgiveness and acceptance when inside you're feeling unsettled and confused.

God offers us all forgiveness regardless of what we've done or haven't done as long as we come to him and ask for it. As a people of faith we need to open ourselves up to those who are lost and seeking and become a people of forgiveness. Are we able to do that? Can we open our hearts and minds to those who are lost and want a new way?

As you move through today think of what makes you comfortable at church or in your group of friends. How could you make changes so that more people are comfortable and feel at home? Is there one way you could open your community up to be friendlier to outsiders?

Wednesday March 26th:

Read Matthew 22:36-40

The greatest commandment. Jesus tells us we need to love God with all our hearts, souls and minds and not to forget our neighbour either.

Do we do this? Do we do it well?

As Christians we need to love and spread love in the world. We need to serve and love our neighbour and not forget God while we go about our business. It's a lot to do. It's big responsibility. When we carry love with us we care God's light and truth too. As we move in this world we need to remember that we are planting seeds as we go and our actions and words impact others in ways we might never know. It's important that those words be loving and God honouring.

As you move through today think of the way you meet people. Do you shine God's light through your actions and deeds? Are you living the greatest commandment?

Thursday March 27th:

Read Matthew 22:1-14

God's invitation could come at anytime. We have to prepare ourselves and be ready to act when God speaks a mission into our lives. We have been created and placed in life to make a difference and serve God but we have to be open to hearing and responding to whatever it is we are called to do. The impact we make ultimately lies in the decisions we make and whether or not we choose to see the opportunities that lay before us and let God into our life. Will we answer the call when it comes? Will we come when God invites us in?

As you move through today open yourself up to hear whatever it is God wants from you this day. Prepare yourself for opportunities that present themselves to serve God in whatever way that may be.

Friday March 28th:

Read Matthew 5:14-16

Jesus has shined his light into the world and as a believer it shines from within you. Do you hide your light or shine it bright? It can be scary to think about sharing your faith but we have good news that we need to share. God has let us know that we are loved, cherished and cared for. We are called into a life of love, community and relationship. How can we share the good news in ways that are genuine, real and true to ourselves?

As you move through today meditate on God's love for you and his message of love and hope. How can you be a light in the world? How can you shine Christ's light to those you meet?

Saturday March 29th:

Read Matthew 7:24-27

If you build your life and set your faith on things that aren't of God it will be unstable and unsettled. If you focus on truth and life even when the water gets murky around you, you will stand firm and not break. When we focus on material things like clothes, gadgets, church buildings, and status we forget what is important. The things we should be focused on are relationship and community. Supporting one another, lifting each other up in prayer and serving people in need.

As you move through today think about what you've built your life on. What is it that matters the most to you? Are you focused on what is important?

Sunday March 30th:

Read John 11:1-44

Jesus was no ordinary teacher. He did amazing things, miraculous things. This one in particular is incredible as he raises a man from the dead. Purposefully planned in such a way that he knows people will not fail to recognize the power and presence that is in their midst. This kind of power and presence and be overwhelming though and we see here that people were frightened and they plotted to destroy him.

Surrendering control can be hard for us all. We want to know where we are going, be in the drivers seat and arrive at a designated time. When we surrender to God's leading things don't always happen as we want and it can be a scary thing.

It's hard to serve others while fighting for control and each day we make decisions about service and surrender.

As you move through today think about surrender and God's leading. Have you let go in your life and allowed God to direct and guide you? Are you still clinging to control? Meditate on ways you can listen more and lean into God's path for you.

Monday March 31st:

Read Matthew 14:22-33

Peter was able to walk on water towards Jesus until doubt began to creep into his thoughts. How often in our lives have we dreamt of success and started to walk towards it only to have doubt creep in and then find it all crumble. Trusting in God when we can't figure out how we will get to where we are going can be a scary thing. Peter didn't believe and that led him into trouble.

Are there things in your life that you've been afraid to start because you doubted your abilities and doubted things would work out? As you move through today think about the dreams that lay deep within you and contemplate stepping out in faith, with God to accomplish them.

Tuesday April 1st:

Read John 2:1-11

From reading this passage I think it's pretty safe to say that Jesus was a fun guy, after all he was at a party! In turning water into wine he saved the host of the wedding from disgrace and enabled all people there to continue to celebrate and enjoy themselves. God came to earth to show us how much he wanted to be in relationship with us. Sometimes as Christians we can get too serious and forget that God created us to laugh and celebrate.

As you move through today think about God and your relationship with others. When was the last time you had fun and celebrated with others? Plan some time in the next few weeks to gather with others and enjoy their company.

Wednesday April 2nd:

Read Mark 5: 24b-34

This woman who had been sick for years demonstrates the power of faith and hope so well. She believed with absolute certainty that if she touched Jesus she would experience healing and be whole once more. Determined, she refused to stop until she got her change. We all need to live such persistent faithful lives, striving to connect with God and walking with purpose towards our goals.

As you move through today meditate on your relationship with God. Do you seek him constantly, searching for moments to connect throughout the day? Find some time in your daily routine to do just that.

Thursday April 3rd:

Read Matthew 14:13-21

This is an amazing story! To take 2 fish and 5 loaves of bread and then feed 5000 people is a miracle in deed. Often times we think there isn't enough, that we need more but Jesus demonstrated that we often have more than we think and God will provide.

How often do we panic and think we need more? At home, at work, in our churches we often want to stock pile and hoard instead of sharing with others. What would happen if we shared what we had and believed that God would provide.

As you move through today think of ways you could share with others and spread your blessings around.

Friday April 4th:

Read Luke 17:11-19

Thanksgiving is an important part of life and we cannot fully embrace how blessed we are until we give thanks for the things and people we have. In today's reading we see 9 people who took for granted their new life. One came back. One realized just how blessed he was to receive the gift of healing and new life.

When we give thanks we realize just how blessed we are. When we count our blessings sometimes we realize things we've overlooked. As you move through today take some time to give thanks and recognize some of the things you've taken for granted. You may discover some blessings you didn't even realize you had.

Saturday April 5th:

Read Luke 5: 18-26

Friends lift each other up and carry each other through difficult circumstances. The faith these friends had in Jesus' ability to heal and their love for their friend inspired them to do whatever it took to get their friend near him. Working together as a team they were able to help and encourage him in his time of need.

We all need people to support and carry us through difficult times. As you move through today think of the people in your life who you are closest too. Think of some ways to pray for and encourage them as we all need it!

Sunday April 6th:

Read John 1: 43-50

The call of God comes to us all at different times and in different ways. For some more nudging is required than others. We see this with Philip and Nathaniel. Philip accepted Jesus and his summons much more readily than Nathaniel. Each of us bring different things into the community and are different individuals.

Because of this our experiences with God and our faith journey may be different from those of our friends. All of our experiences and interactions are important to our community as we each bring something special to the group. Jesus lived and worked closely with 12 people who were different yet equally important.

As you move through today think of your calling and purpose? Do you have skills and talents you aren't using that God wants you to throw into action? Is God asking you to follow, to walk bravely into something new?

Monday April 7th:

Read Luke 10:38-42

What do you really need in life? We all know that there are differences between needs and wants but sometimes the wants get confused with what is actually needed. Martha wanted perfection when Jesus arrived but it wasn't needed. Jesus just wanted her to be present and concerned with him as opposed to what she wanted him to see. Mary knew that sitting with Jesus was more important than being a perfect host, that what really mattered was being engaged and connected.

Sometimes life gets overwhelming and we think we need to get everything done in a certain way by a certain time. Maybe we think we have to have the latest gadget or must add something to our life that others tell us is necessary. As you move through today look at your life and see what really needs to get done versus what must get done. How can you structure your day so that you are more engaged and connected with God and those around you?

Tuesday April 8th:

Read Luke 19:1-10

Sometimes if we're honest we judge people based on what we see on the outside rather than looking to the heart of the individual. We judge them based on their clothes, what they value and the things they have done instead of who looking at them as people who could change or who might be more than we expect. Jesus is different though, he gives people a second chance and if their heart is ready change happens. We see this with Zacchaeus.

As people we never know who a person really is, only God does. We have a responsibility to share the light and love that is inside us in the hope that a seed is planted that one day blossoms like it did in Zacchaeus' case. As a result of Jesus' teachings he experienced life change. It happened for us, it can happen for others.

As you move through today think of the people you may have judged in your past, at work or right now in the present. Think of ways you can shine the light of Christ in your interactions with this individuals keeping an open heart and mind as you move throughout this world.

Wednesday April 9th:

Read John 3:1-21

Nicodemus came at night to find Jesus. I imagine that's how it is for a lot of people as I know personally I've experienced moments of revelation at night. It's quiet and there's a stillness settled on the world that allows time to think and reflect. It's the perfect time {for me anyways} to contemplate the big questions. Nicodemus and Jesus contemplated those big questions. They talked of being born again and following him. They spoke of life change and God's investment in this world.

Nicodemus heard these things but he couldn't fathom it. Taking a step towards grace can be difficult at times and often we don't think we deserve it. Regardless God offers grace and but we must choose to accept it. As you move through today think of the grace that is offered. Do you truly accept God's grace and love? Have you accepted that you are part of God's family?

Thursday April 10th:

Read John 4:1-26

Imagine drinking of water that never has you thirsting again. Jesus offers us a well of faith that never runs dry, that replenishes and keeps you strong. It's always there for the taking but you have to want it, take from it, believe in it. Too often we neglect our faith and leave it to the side. We push faith to the back burner and say we'll deal with things the next day, next Sunday, next year. If we are to be replenished with this water we need to drink it. we must feed on the word, drink in the spirit and embrace the community of faith.

As you move through today think of your own life. Have you ever walked away from the well? Have you prioritized things over God? How can you make some changes to ensure that your faith and God have a place of importance in your life?

Friday April 11th:

Read Luke 7:36-50

There are times in our life when faith is easy. When everything is going well and we are feeling blessed and happy. During those times we often forget the blessings of God and we neglect to give thanks and praise. The Pharisee judged the woman for kneeling before Jesus and blessing him. He didn't understand the importance of such an action but Jesus reminded him that life wasn't as simple as he thought and he encouraged him to adjust his priorities and thoughts on life.

The woman who offered perfume at Jesus' feet knew what was important and was desperate to be near Jesus to have healing and comfort. This is what Jesus wants from our life, a desire to be close to God and a willingness to change.

As you move through today think of the ways you have judged and pushed away thoughts of life change. Are there things you should do differently to get closer to God? Have you gotten too comfortable in your way of life to see the things that God might wish for you to change?

Saturday April 12th:

Read Mark 10:17-31

What you value is where you have centred your life. What do you value most of all? The rich man in this story wanted eternal life but he valued material things more than living with God. He couldn't let go of those things he knew and was comfortable with. He valued what he knew over the promise of better things to come.

What we value is what we are focused on and put our energies into. As you move through today meditate on what it is you value? Do you value things and places more than God and relationships? What is it that your life is centred on?

Sunday April 13th:

Read Luke 19:28-38

When Jesus entered Jerusalem everyone cheered. Can you imagine how exciting it would have been to be in that crowd celebrating his entrance. As the people yelled and cheered they had no idea what was to come and it was a celebration to be remembered

When people get together to worship God and celebrate his grace it's a wild, crazy and amazing feeling. As you move through today meditate on your worship experiences. When was the last time you felt God's spirit move through worship? How do you carry that feeling with you throughout the week and if you can't remember the last time you felt it, what should you change to bring it in?

Monday April 14th:

Read Matthew 21:33-46

It has been said that the kingdom of God will be given to people who produce fruit. That is will be given to those people who really dig in and grow good things in this world. Those who spread the seed of God's good news and share hope with others. Are you a person who produces fruit, do you plant seeds and share your story?

As you move through today meditate on your own experience. Do you feel confident sharing the message of hope and redemption? Have you found ways of shining Christ's light into the world as you work, play and live? Find ways to use God's gifts to you and spread the light and truth of Jesus as you go.

Tuesday April 15th:

Read Matthew 21:12-17

Jesus had guts. He walked into the temple and just threw over the money changers tables and the benches holding doves for sacrifice. Can you imagine the chaos and confusion, the anger and frustration of people? It would have made for a very interesting, slightly scary scene but Jesus did it to prove a point. He wanted people to change, to be better and meet God in a more pure, right way.

How would you feel if Jesus came into your sanctuary this Sunday and threw over the communion table? What would happen if he tossed over some pews or threw the instruments to the ground? That's the kind of upset that Jesus caused in the temple. Jesus came to bring about change, to reconnect us to God and he is willing to do whatever is needed to do that.

As you move through today think of your connection with God and ask yourself if it is a right kind of connection. Are you attached more to traditions and your church than you are to your faith? Have you forgotten what the main point of worship is which is to connect with God? If Jesus met you where you worship would he say your heart is in the right place?

Wednesday April 16th:

Read Matthew 26:17-30

This is the last night that Jesus is with his family, the ones he has lived with and laughed with for three years. He celebrates the Passover with those who are closest to him, even the one who would ultimately betray him and uses this time to continue his teaching, his relationship building and sharing that love he brought.

In Jesus ministry we see time and again how food and eating in a community can be a tool for ministry and community building. When we gather together to celebrate Communion we are brought once again into Jesus' presence and solidified as a community. As you move through today think about your faith community. Jesus lived in community and the community that was left behind after he died held each other up in the darkest of times. Community is an important part of our faith and our belief. Have you found a church in which you belong and feel comfortable? If not think about joining one, or effecting change in yours so it reflects better a community of loving, supportive individuals.

Thursday April 17th:

Read Luke 22: 47-60

Jesus is betrayed and arrested by someone who lived with him for three years. To have been so close and betrayed in such a horrible fashion would have been heartbreaking. It wasn't just Judas who betrayed him though. One by one the disciples walked away, abandoning him in his time of need. They lacked the faith and courage needed to walk with him in his time of need.

All of us at one point or another have been guilty of abandoning and denying Jesus. We have hid our faith, pushed aside our mission, ignored a calling.

As you move through today meditate on all people in this story. Would you have possessed the courage necessary to proclaim yourself a disciple during this dark period? Would you run and hide? Think of who it is you want to be and pray that God would change you into the person you want to become.

Friday April 18th:

Read Luke 23: 26-47

This is so ugly, so dark and so unlike anything else in the story of Jesus. This teacher who spread love and light, who taught and laughed and lived in the world is dying. Even in his final moments with insults being hurled at him and his breath slipping from his body he holds his composure and doesn't respond.

Determined to follow God even to death he did so with dignity and grace. He suffers the pain and isolation with frightening ease. Yet in the midst of this terror and pain there was healing. He offered words of comfort and assurance to the criminal who hung beside him. To see this love, to watch such grace being poured out at a time like this is incredible.

God loved us so much that he reached into this world knowing the pain and agony he would suffer. There is nothing, not even death that keeps God from you. God fights for you and is willing to do whatever it takes to be with you. As you move through today think of what God was willing to do for you.

Saturday April 19th:

Read Luke 23:50-56

Even though his disciples ran away there were those who believed in Jesus and who followed him who stood with him even in the end. These were the courageous souls who were not afraid of the crowd and who were willing to stand firm in their support and belief of his teachings and life. In love they gathered him after death, wrapped his body and placed him in a tomb. The courage they showed as they lovingly cared for one who was so despised is astounding.

As you move through today waiting for good news to come meditate on this courage. Do you have the courage to speak out in favour of what you believe when it seems as though the world is against you?

Sunday April 20th:

Read Luke 24:1-12

As the women arrived at the empty tomb they were scared and uncertain yet they heard the good news and believed. They believed and shared what they had heard with the other followers, the other believers but their message was not received at first. No one believed them because it seemed so impossible, so unlikely to be true.

Yet in the midst of this chaos and confusion seeds were planted, seeds of hope in the sea of despair and Peter went to check these rumours out for himself. In seeking and searching Peter discovered the truth. Because of the truth the women had shared Peter was able to see.

We have all been given the gift of this truth, the powerful knowledge that Jesus came for us, he died for us and conquered death so we might be with God. You've been given a gift, a great gift from God. Share this Good News with those you meet for in some it might spark a need to see more, for some it might bring them to the one who saves.

As you journey through today remember that he is risen, the tomb is empty! Let us rejoice and be glad.