

# Preparing the Ground

Riverside's Journey through Lent to Easter



## Invitation to a Lenten Spiritual Practice

Lent is an opportunity to become more grounded in who we are as beloved children of God. We encourage you to consider making space for daily journaling prompts throughout Lent as a way to prepare the ground of your life for bearing the fruit of Good News.

### Journal Prompts March 15 - 21

*Instructions: Use whatever medium is going to best serve you in this daily practice! You could use a journal, Notes app, spare piece of paper or a voice note.*

#### March 15 The Third Sunday of Lent

*"Jesus answered the woman, 'If you knew the gift of God and who it is that asks you for a drink...' The woman said, 'Sir, are you greater than our father Jacob who first dug this well?'"*

John 4: 5 - 11

Read the remarkable story of a woman's mid-day encounter with Jesus at a well. (It's in John 4: 5 - 42) Write down your observations and reactions to the story.

#### March 16

Draw a picture of a well in the desert. Imagine the sensory experience of being there at Jacob's Well when Jesus met the woman of Samaria.

#### March 17

What do we learn about God in observing how Jesus treated this Samaritan, unmarried woman? This thirsty woman?

#### March 18

Write about an awkward or uncomfortable surprise encounter you've had. How did it end up? What makes you uncomfortable when you meet someone outwardly different from you?

#### March 19

Describe an experience you've had of extreme physical thirst. Recall your physical and emotional feelings. Why is water an apt metaphor for the life Jesus gives?

#### March 20

Reflect on your current state of "spiritual thirstiness". What might the "water" that Jesus offers mean for you today?

#### March 21

In this story, Jesus bridged the social barriers between religions, genders and ethnicities. Ask God to help you follow Jesus' example in a specific situation in your life. Are you willing to be a bridge-builder?