



Faith @ Home– First Week of Lent



Head

Read 2Corinthians 5: 17 and, if possible, memorize it.

Think about natural world and where we see nature transform and change. Make a list or draw pictures of all the things that transform over time. For example: winter changes to spring; night transforms to day. What else?

How have you changed over time? Look at old pictures if you have time. We all change physically, how else have you changed? Are you still changing or staying mostly the same? What about the people around you– in your family or at church?



Heart

Take a candle outside at night and light it. Or get up before sunrise and watch the sun come up. Watch the light transform the darkness.

What needs to transform in your heart today?

Pray about any feelings of fear, anxiety, anger, or jealousy.

Ask God to give you courage, faith, compassion, and gratitude instead. Or whatever you need to become more like Jesus.



Hands

- 1) Do like the fisherman and stop what you're doing. Look for a random act of kindness to do for someone. Buy someone's coffee, return a shopping cart. How did it make you feel? Did it change your mood?
- 2) Find a way to help someone whose life has changed recently. Serve or donate to ministries that work with the homeless, refugees, incarcerated, hospitalized. God can change people's lives!