



## Faith @ Home- Third Week of Lent



### Head

Make a list of all the questions that you would like to ask God.

These can be serious questions or light-hearted ones. Don't worry about whether you will get the answers, just write them all down.

Then, look at the list. Do you see any kind of pattern to your questions? Are there themes or subjects that repeat? If you want to do more, consider reading a book or joining a study on those themes/subjects.



### Heart

Practice Lectio Divina (or holy reading) this week following these steps:

1. Read— just read the scripture with no agenda
2. Listen— read it again slowly paying attention to each word.
3. Meditate— read it a third time for one word or phrase that stands out to you. Take some time to consider the word(s). Pray about it, draw a picture, or journal.
4. Release— read it a final time, give thanks for God's Word.

*Suggested verses: Matthew 11: 28-30 or Luke 12: 27-31*



### Hands

- 1) Have you ever been part of a great Bible study, Sunday school class, or small group? If so, say thank you to the leader or group members. If you're still in it, invite someone new to join you.
- 2) If you're not currently in a Bible study, Sunday school class, or small group, consider joining one. When you're ready, call the church or talk to a friend about joining.