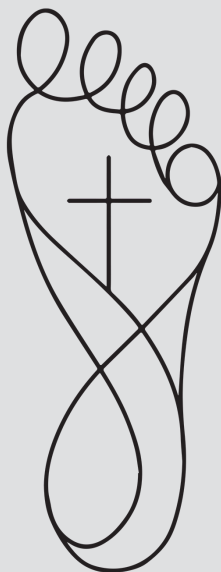


Footsteps to the Cross

A Pilgrimage of the Heart



For an individual or group journey.



Week 1: Feb 14-20

Recognizing Our Journey

Moment of Silent Preparation & Call to Prayer:

Reflect on Mark 8:34 – Then He called the crowd to Him along with His disciples and said: ‘Whoever wants to be My disciple must deny themselves and take up their cross and follow Me.’ Contemplate what it means to take up your cross and follow Jesus.

Confession:

Psalms 32:5 – Then I acknowledged my sin to You and did not cover up my iniquity. I said, ‘I will confess my transgressions to the Lord.’ And You forgave the guilt of my sin.

Reflect silently or share times when you've struggled to follow Jesus wholeheartedly.

Prayer in Song:

[No Turning Back](#) by Steffany Gretzinger, Leeland

(Click on link or search for the song on a streaming service such as YouTube or Spotify.)

Worship & Thanksgiving:

Psalms 99:5 – Exalt the Lord our God and worship at His footstool; He is holy.

Spend time praising God for His holiness and guidance as you begin this Lenten journey.

Lectio Divina - A Reflective Reading of Scripture

Lectio Divina is a method of reading scripture slowly and prayerfully in order to hear how God is speaking to us at this moment in our lives and respond to His voice.

Read Luke 4:1-13

- 1. Lectio (Read):** Read the passage aloud slowly. Notice any word or phrase that catches your attention. What stands out and speaks to your life?
- 2. Meditatio (Reflect):** Reflect on the word or phrase Holy Spirit highlighted for you. How does the temptation of Jesus in the wilderness resonate with your personal journey? Share with your group or journal your response.
- 3. Oratio (Respond):** Offer your reflections, questions and desires to God in prayer.
- 4. Contemplatio (Rest):** Spend a few moments in silence to letting the words and reflection sink in and resting in God's loving presence.

Reflective Exercise:

Discuss the temptations faced in our own lives. How do they divert us from our journey with Christ? Write down three temptations you face and discuss or journal ways to overcome them.

Closing Prayer:



Week 2: Feb 21-27

Embracing Solitude

Moment of Silent Preparation & Call to Prayer:

Contemplate the importance of solitude (undistracted time alone with God) for spiritual growth, inspired by Mark 8:34 – Then He called the crowd to Him along with His disciples and said: ‘Whoever wants to be my disciple must deny themselves and take up their cross and follow Me.’

Confession:

Psalm 32:5 – Then I acknowledged my sin to You and did not cover up my iniquity. I said, ‘I will confess my transgressions to the Lord.’ And You forgave the guilt of my sin.

Share or journal moments when avoiding solitude led you away from God.

Prayer in Song:

[The Secret Place](#) by Eliza King

(Click on link or search for the song on a streaming service such as YouTube or Spotify.)

Worship & Thanksgiving:

Psalm 99:5 – “Exalt the Lord our God and worship at His footstool; He is holy.”

Give thanks for the moments of solitude that have brought you closer to God.

Lectio Divina - A Reflective Reading of Scripture

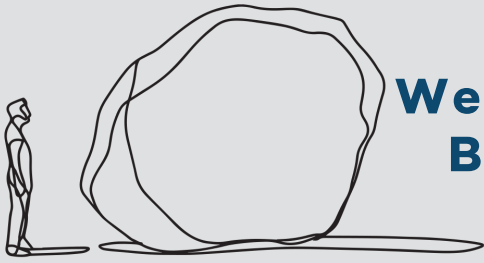
Read Mark 1:35, Luke 5:16, Matthew 14:23

- 1. Lectio (Read):** Read the passage aloud slowly. Listen for what the Holy Spirit has to say to you.
- 2. Meditatio (Reflect):** Reflect on the word or phrase Holy Spirit highlighted for you. How does Jesus' practice of solitude inspire your own spiritual practices? Open the floor for group members to share their thoughts on the passage or journal your response.
- 3. Oratio (Respond):** Together, offer prayers inspired by your reflection on the passages.
- 4. Contemplatio (Rest):** Spend a short time in silence, resting in the peace and presence of God, absorbing the insights heard and shared.

Reflective Exercise:

Encourage each group member to spend a few minutes in silence, contemplating their need for solitude with God. What competes with or distracts you from time alone with God? Share or journal insights or reflections afterward.

Closing Prayer:



Week 3: Feb 28-March 5

Bearing our Burdens

Moment of Silent Preparation & Call to Prayer:

Reflect on the burdens you carry, in light of Mark 8:34 – Then He called the crowd to Him along with His disciples and said: ‘Whoever wants to be my disciple must deny themselves and take up their cross and follow Me.’

Confession:

Psalms 32:5 – Then I acknowledged my sin to You and did not cover up my iniquity. I said, ‘I will confess my transgressions to the Lord.’ And You forgave the guilt of my sin.

Confess silently or share the burdens that have been hard to surrender to God.

Prayer in Song:

[Come, All Who are Weary Come](#) (Porter’s Gate/Lauren Plank Goens)

(Click on link or search for the song on a streaming service such as YouTube or Spotify.)

Worship & Thanksgiving:

Psalms 99:5 – Exalt the Lord our God and worship at His footstool; He is holy.

Express gratitude for God's strength and support in carrying life's burdens.

Lectio Divina - A Reflective Reading of Scripture

Read Matthew 11:28-30

- 1. Lectio (Read):** Read the passage aloud in the group, allowing the words of Christ to offer comfort. Notice what particular portion of Scripture God brings to your attention.
- 2. Meditatio (Reflect):** Reflect the word or phrase the Holy Spirit highlighted for you. How can we find rest in Christ amid our burdens? Discuss the invitation and promise found in this passage or journal your response.
- 3. Oratio (Respond):** Talk to God, responding to the invitation to take Jesus' yoke and find rest.
- 4. Contemplatio (Rest):** Allow a moment of silence to peacefully settle in the promise of Christ's rest and easy yoke.

Reflective Exercise:

List three or four burdens you are carrying on a piece of paper, symbolically lay them down at the cross. Discuss or journal about how this act reflects your trust in Christ's promise to give rest.

Closing Prayer:



Week 4: March 6-12

Seeking and Offering Forgiveness

Moment of Silent Preparation & Call to Prayer:

Meditate on the need for forgiveness in your life, guided by Mark 8:34 – Then He called the crowd to Him along with His disciples and said: ‘Whoever wants to be my disciple must deny themselves and take up their cross and follow Me.’

Confession:

Psalm 32:5 – Then I acknowledged my sin to You and did not cover up my iniquity. I said, ‘I will confess my transgressions to the Lord.’ And You forgave the guilt of my sin.

Reflect on moments when forgiving or seeking forgiveness was challenging.

Prayer in Song:

[Psalm 51](#) (Harvest Collective)

(Click on link or search for the song on a streaming service such as YouTube or Spotify.)

Worship & Thanksgiving:

Psalm 99:5 – Exalt the Lord our God and worship at His footstool; He is holy.

Praise God for His mercy and willingness to forgive us time and again.

Lectio Divina - A Reflective Reading of Scripture

Read Psalm 51

- 1. Lectio (Read):** Read the psalm aloud, allowing the group to absorb the words of repentance and plea for mercy. Listen for what the Holy Spirit brings to your attention.
- 2. Meditatio (Reflect):** Reflect on the word or phrase the Holy Spirit highlighted for you. Contemplate the psalm's themes of repentance and the joy of forgiveness. Share or journal your personal reflections or experiences related to seeking and offering forgiveness.
- 3. Oratio (Respond):** Join in collective prayer, offering your confessions and asking for God's forgiveness and the ability to forgive others.
- 4. Contemplatio (Rest):** Spend a moment in quiet reflection, embracing the peace and renewal that come from God's forgiveness.

Reflective Exercise:

Write a letter of forgiveness (to self or others) or create an art piece symbolizing forgiveness. Discuss the significance of these acts and how they represent a step towards healing and reconciliation.

Closing Prayer:



Week 5: March 13-19 Offering Compassion

Moment of Silent Preparation & Call to Prayer:

Contemplate Christ's compassion, considering Mark 8:34 – Then He called the crowd to Him along with His disciples and said: 'Whoever wants to be my disciple must deny themselves and take up their cross and follow Me.'

Confession:

Psalm 32:5 – Then I acknowledged my sin to You and did not cover up my iniquity. I said, 'I will confess my transgressions to the Lord.' And You forgave the guilt of my sin.

Reflect on times when being compassionate was difficult.

Prayer in Song:

[Christ Has No Body Now But Yours](#) (Josh Garrels/The Porter's Gate)

(Click on link or search for the song on a streaming service such as YouTube or Spotify.)

Worship & Thanksgiving:

Psalm 99:5 – Exalt the Lord our God and worship at His footstool; He is holy.

Thank God for His endless compassion and example through Jesus.

Lectio Divina - A Reflective Reading of Scripture

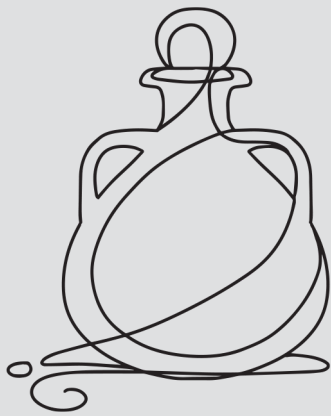
Read Luke 10:25-37

- 1. Lectio (Read):** Read the parable of the Good Samaritan aloud. Let the story speak to the hearts of the group members. Which part of the story speaks most directly to your story? Notice what stands out.
- 2. Meditatio (Reflect):** Reflect on the word, phrase, incident or person the Holy Spirit brings to your attention. How can we be 'neighbours' to those around us? Consider and/or discuss the implications of the parable for our lives.
- 3. Oratio (Respond):** Together, offer prayers asking for the grace to show compassion as the Samaritan did, and for the discernment to recognize opportunities to serve and love our neighbors.
- 4. Contemplatio (Rest):** Allow for a few moments of silent contemplation, inviting the group to internalize the call to compassionate action.

Reflective Exercise:

Plan a simple act of kindness or service project where you can put into practice being a neighbour in your community. Discuss the impact of this collective action and how it embodies the compassion Christ calls us to show.

Closing Prayer:



Week 6: March 20-26

Preparing for the Passion

Moment of Silent Preparation & Call to Prayer:

Reflect on the approaching passion of Christ, guided by Mark 8:34 – Then He called the crowd to Him along with His disciples and said: ‘Whoever wants to be my disciple must deny themselves and take up their cross and follow Me.’

Confession:

Psalm 32:5 – Then I acknowledged my sin to You and did not cover up my iniquity. I said, ‘I will confess my transgressions to the Lord.’ And You forgave the guilt of my sin.

Silently confess any fear or reluctance to walk with Christ towards the cross.

Prayer in Song:

[Jesus Keep Me Near the Cross](#) (Salt of the Sound)

(Click on link or search for the song on a streaming service such as YouTube or Spotify.)

Worship & Thanksgiving:

Psalm 99:5 – “Exalt the Lord our God and worship at His footstool; He is holy.”

Give thanks for the sacrifice Christ was willing to make for us.

Lectio Divina - A Reflective Reading of Scripture

Read John 12:1-8

1. **Lectio (Read):** Read the passage slowly, entering the story of the anointing of Jesus by Mary. What does the Holy Spirit bring to your attention?
2. **Meditatio (Reflect):** Reflect on the word, phrase or image the Holy Spirit highlighted for you. Consider Mary's act, how this devotion was done in preparation for Jesus' sacrifice. How can we prepare our hearts for the passion of Christ? Share or journal personal reflections on how you're preparing yourself for Holy Week.
3. **Oratio (Respond):** Pray, asking God for the willingness and courage to walk closely with Christ through His final days and to offer our own acts of devotion and love.
4. **Contemplatio (Rest):** In silence, reflect on the significance of the passion of Christ. Sit in the deep love of the one who intentionally walked towards the cross and gave His life for us.

Reflective Exercise:

Create a prayer space with symbols representing the passion of Christ (e.g., a cross, perfume as a symbol of anointing, a crown of thorns.) Invite members to spend time in prayer and reflection, preparing their hearts for the journey through Holy Week.

Closing Prayer:

Journaling Space

Journalling Space

Illustrations by Taran Hull

