

## Walking with Jesus

For Lent this year, we are going to be walking – just not to Jerusalem. Take time as you walk each day to think about Jesus walking, for that is the way he got to where he was going. As we walk let us think about the people, places and situations Jesus encountered and figure out how we can respond today. For the period between Ash Wednesday and the first Sunday in Lent [March 1 – March 5] the Wellness Committee suggests we set the stage for our Lenten walks by concentrating on quieting our minds, relaxing our breathing and being aware of our surroundings and our senses. Then, each week throughout Lent we will consider some of the places Jesus walked; there will be scriptural references and questions to ponder while we walk.

from the Wellness Committee

### **March 1 Ash Wednesday**

As you warm up for the themed Lenten walks, quiet your mind, relax your breathing, be aware of your surroundings.

### **March 5 First Sunday of Lent – Walking into the wilderness**

Matthew 4:1-11

After Jesus was baptized he was led by the Spirit into the wilderness. He was alone and fasted for forty days and forty nights.

*When are you lonely and how does that affect you?*

*Can you imagine fasting for even one day?*

### **March 12 Second Sunday of Lent – Walking along the sea and calling the first disciples**

Matthew 4:18-22

Jesus begins his work along the Galilean Sea, not in the temple. The world of common work, not the world of religious ritual, is where discipleship starts.

*What have you been doing when you have felt Jesus' calling?*

*How can you share the fellowship of Jesus?*

*How do you best share hospitality with friends and co-workers?*

### **March 19 Third Sunday of Lent – Walking along the lake and teaching from a boat**

Matthew 13:1-52

As Jesus walks along a lake he is followed by a huge crowd, so big that he gets onto a boat and begins to teach by telling parables.

*Which is your favorite parable?*

*Do you have trouble with any particular parable?*

*Why do you think Jesus used parables?*

**March 26 Fourth Sunday of Lent – Walking within the crowds of hungry people**

Matthew 14:13b-21

Jesus was “greatly moved” by the crowd that followed him and he began to cure the sick. As it grew late the disciples were worried about what they would eat: Jesus’s response was the story of “The Loaves and Fishes.”

*What are the ways you respond to hunger in my life?*

*What ways do you respond to the hunger of friends? Of others in the community? In the world?*

*Besides physical hunger for food, what other kind of hunger have you experienced?*

**April 2 Fifth Sunday of Lent – Walking toward Jerusalem and then, at Bethpage and the Mount of Olives, continuing by riding a donkey.**

Matthew 20:17–19; 21:1-5

Jesus taught his disciples and the crowds as he walked from Jericho to Jerusalem. As he was about to approach the city for the last time, Jesus chose not to walk, but to ride on the back of a donkey.

*How do you face trouble?*

*How can you get through bad times?*

**April 9 Sixth Sunday of Lent - Palm Sunday and Passion Week**

Matthew 21:6-11

Matthew 26: 36-66

Luke 22:7-22

Luke 23:32-45

The tumultuous week is almost more than we can take in.

Do not let me avoid the reality of this week.

*What does the ritual of communion mean to you?*

*Where are you most vulnerable in terms of your faith life?*

**April 16 Easter**

We walk away from the empty tomb and the empty cross, full of Hallelujahs!

*Help me, O God, live my life full of your Spirit, and may I walk in a way that pleases you.*