

Lent 5 Spiritual Practices

March 24, 2021

Check in with word of the day.

Daily Devotion – In the Morning (beginning)

Include intercessions and intentions.

Today's focus we start with the opening prayer and Stanzas 11-13

Most holy and merciful Father:
We confess to you and to one another,
And to the whole communion of saints
In heaven and on earth,
That we have sinned by our own fault
In thought, word, and deed;
By what we have done, and by what we have left undone.

Restore us, good Lord, and let your anger depart from us;
Favorably hear us, for your mercy is great.

Accomplish in us the work of your salvation,
That we may show forth your glory in the world.

By the cross and passion of your Son our Lord,
Bring us with all your saints to the joy of his resurrection.

Journal about your own experience with confession. Write as descriptively as you possibly can - circumstances, time, place, reason. What came before. What happened during. What happened after. What was/is your sense of God during any of this? What questions are out there for you? Questions then and questions you have now.

Spiritual Practices – Repetitive embodying actions that help our thoughts and preoccupations take a back seat and bring a sense of peace. They often feel like nothing has happened.

- Check in about any practice so far - Journaling, Fasting, Haiku, Breathing, Chanting, Music, Lectio Divina, The Examen.
- Examen Option #2
 - Where did I feel close to God today?
 - Where did I feel distant from God today?

Labyrinth

<https://www.labyrinthcompany.com/collections/all?page=1>

Take the printed Labyrinth drawings and following the path doodle, color, write words through the whole course while you reflect on the focus today from the Litany of Penitence or the prompts about confession.

The Service for Reconciliation of a Penitent is in the BCP pages 449-452. Read this through. We will use this service next week not the Daily Devotion we have used so far this Lent. Here is the on-line link for this service.

Bcponline.org

then on the left click on "Pastoral Offices"

then click on "Reconciliation of a Penitent", then scroll down to "Form Two" of the service.

For the occasion I invite you to wear white (shirt, sweater, scarf) visible on your Zoom screen. Can you guess why this is appropriate?

Daily Devotion – In the Morning. (Conclusion)