

Lenten Devotions

To facilitate a deeper spiritual journey this Lent, we will be distributing a devotion booklet to the entire congregation, comprised of meditations by persons attending St. Matthias. We would be blessed by your participation.

Directions:

1. Your meditation should be 100-400 words. if possible, include a Bible passage for the day's reading. You may include a 1-2 sentence prayer if there is space.
2. You do NOT have to choose a particular Bible passage, nor one specifically quoted about Jesus' last days. You may use your own ideas or you may choose from the suggested "starter" ideas below:
 - one time I heard God speak or show me the way
 - a hymn or a scripture which speaks to me and why
 - how I use/d a Bible lesson to help me in my daily life
 - how journaling or my prayer life helps me grow
 - a service (Ash Wednesday, Maundy Thursday, Good Friday, Easter) that I remember or that changed my spiritual life
 - how my family celebrates this holy time and why
 - what the cross on Easter morning means to me
 - the fragrances of Easter lilies brings back memories of...

Please submit your meditation hard copy in Chris' mailbox in the hallway or email your submission to office@stmatthiasumc.org NO LATER THAN February 13. If you have any questions, call the church office at 540/373-8759.

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