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The Way of Love

a Lenten devotional

Advent Lutheran Church

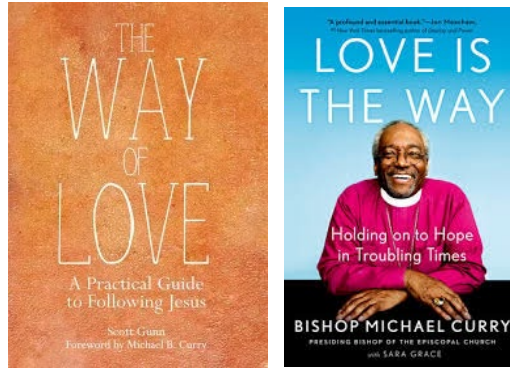
2025

The Way of Love

A new command I give you: Love one another. As I have loved you, so you must love one another.

By this everyone will know that you are my disciples, if you love one another.

John 13:34-35



Based on *Love is the Way* by Bishop Michael Curry, *The Way of Love* by Scott Gunn invites us to actively practice love towards God and others through compassion, forgiveness, and service.

Each week during Lent, we will focus on one of the seven practices in the book:
Turn, Learn, Pray, Bless, Worship, Go, Rest

Join us as we explore these practices through the Lenten Season and continue to follow Jesus living in the way of love.



<https://bit.ly/wayofloveoverview>

A Prayer for Ash Wednesday:

Ashes on our foreheads, repentance in our hearts, no sacrifice too big to follow the Holy and Eternal One. Let us give up our fears, let go of our prejudices, and allow love to speak and broaden the community of our hearts.

AMEN

-Christine Sine

TURN

Lent 1

Sunday, March 9th



<https://bit.ly/wayofloveturn>

Monday, March 10th

Pray Together the Confession

Holy God, reveal your presence to us this day as we walk with your Son, Jesus Christ, in the season of Lent. Through all of life's trials and tribulations your Word sustains us for the journey ahead. Send your Spirit upon us that we might listen, discern, and take heart. Be near us this day and may your Word dwell with us forevermore.

AMEN

**Tuesday,
March 11th**

Apologize

What have you recently done that may have hurt another? Write/call and confess to that other person that you wronged them.

**Wednesday,
March 12th**

Recycle

Discuss the importance of recycling and caring for our planet better than we do.



**Thursday,
March 13th**

Declutter

Sometimes we do not need all that surrounds us. The clutter can even clutter our spirit. Pick a spot or subject to declutter. What might be donated? How might you live more freely?

Friday, March 14th

Racism

Talk together about the sin of racism and how it still rears its head today. How have you or your family benefited from the suffering of others? What action can you take when you encounter racism?

Saturday, March 15th

Pray

Pray a prayer of confession from your heart.

LEARN

Lent 2

Sunday, March 16th



<https://bit.ly/wayoflovelearn>

Monday, March 17th

Read, Tell, & Retell

Read Luke 10:38-42 three times as a Lectio Divina.

- First reading: What words or phrases stand out?
- Second reading: What do you see, hear, or feel in this passage?
- Third reading: What does it mean for Mary to have chosen the better part?

**Tuesday,
March 18th**

Read, Tell, & Retell

Read Matthew 28:1-10,
Mark 16:1-8, and
Luke 24:1-12.

Compare and contrast
these three accounts of
the Resurrection.

Wednesday, March 19th

Read, Tell, & Retell

The Greek word for disciple
means “one who learns” or “pupil”.
Jesus taught in many ways:

- Auditory (hearing)
- Visual (seeing)
- Textual (reading/writing)
- Kinesthetic (doing)

As a disciple, what is your default
learning style?

Can you think of Gospel passages
that connect with these different
learning styles?

**Thursday,
March 20th**

Read, Tell, & Retell

Try a new learning opportunity at
Advent.

- Parlor Class Sunday at 9am
- Monday Book Study 12pm
- Tuesday Book Study 7pm
- Wednesday Bible Study 12pm
- Skip the sermon on Sunday and
join us for Godly Play!
- Stay after worship and attend
Confirmation Class!

See Deloris for details.

Friday, March 21st

Read, Tell, and Retell

Recite this prayer then go for a walk. What did you learn
during your time in God’s creation?

Creator God,
I bring my whole self to You right now.
Help me to focus my mind on You today.
I invite You to speak to me,
to search my heart, and shape my life.
Open my eyes to see You.
Open my ears to hear Your voice.
Open my heart to receive Your Word.
Open my hands to accept whatever You give.
Draw close to me, Lord, as I draw close to You.
AMEN

Saturday, March 22nd

Read, Tell, and Retell

Reread a story from the Bible that
you learned as a child.

What part of the story did you like
best?

What surprised you?

Where are you in the story?

Where do you see this happening
today?

PRAY

Lent 3

**Sunday,
March 23rd**



<https://bit.ly/wayoflovepray>

Monday, March 24th

Pray Together The Lord's Prayer from *New Zealand Prayer Book*

Eternal Spirit,
Earth-maker, Pain-bearer, Life-giver,
Source of all that is and all that shall be,
Father and Mother of us all,
Loving God, in whom is heaven:

The hallowing of your name echo through the universe
The way of your justice be followed by the peoples of the world.
Your heavenly will be done by all created beings.
Your commonwealth of peace and freedom sustain our hope and come on
earth.

With the bread we need for today, feed us.
In the hurts we absorb from one another, forgive us.
In times of temptation and test, strengthen us.
From trial too great to endure, spare us.
From the grip of all that is evil, free us.

For you reign in the glory of the power that is love, now and forever. Amen.

Tuesday, March 25th

Pray Using Five-Finger Prayer

Thumb:

Pray for people who are close to
you like family and friends.

Pointer:

Pray for people who point the
way/leaders.

Tall Finger:

Pray for people in authority.

Ring Finger:

Pray for people who are sick,
weak, in poverty, or treated badly.

Little Finger:

Pray for your own needs.

Wednesday, March 26th

Say Grace

Grace is a prayer of thanksgiving.
What are you thankful for today?
Where is there grace in your life?
What grace did you learn as a child?



Thursday, March 27th

Breath Prayer

Stillness and quiet can be healing and a
powerful way to center on God. Sit
away from distraction with your eyes
closed.

Breath in through your nose and pray
"May we love others.."
Breath out through your mouth and
pray "as You love us".

Friday, March 28th

Create a Prayer Space

Set aside a place to be a prayer space. This
could be a table, a mantel, a shelf, a corner, or
even a movable box. Put books, a cross, or
another objects of meaning there to encourage
you to go there to pray.

Saturday, March 29th

Candle

Light a candle and pray for the intentions of your
heart.

BLESS

Lent 4

**Sunday,
March 30th**



<https://bit.ly/wayoflovebless>

Monday, March 31st

Acts of Giving

How does your family bless others?
Involve one another in the family giving process.
Does everyone know to whom we give?
Talk about and decide together on a small gift to give.

**Tuesday,
April 1st**

Food Stewardship

Go through your pantry. What is good and in date that isn't being used? Donate it to our Little Free Food Pantry. Select a favorite non-perishable food item to purchase when you are grocery shopping to add to the Food Pantry.

**Wednesday,
April 2nd**

Random Notes of Kindness

Write a short note and leave it in a random public place for an individual you do not know in order to bless their day.



**Thursday,
April 3rd**

Financial Stewardship

Take some time and talk together about the importance of stewarding the financial resources we are given by God in order to bless the world. How are we mindful about what we spend, how we save, and when we give?

Friday, April 4th

Fasting with a Purpose

Set aside the usual amount of money that you would use for something fun (coffee/meal/ice cream/movie/etc.) and instead fast from that activity and use those funds to bless another in an act of kindness.

Saturday, April 5th

Offering a Blessing

Ask permission first, then lay your hands on another, and offer up to God a blessing for that person.

WORSHIP

Lent 5

Sunday, April 6th



<https://bit.ly/wayofloveworship>

Monday, April 7th

Try Something New

There are so many ways to worship at Advent.

Join the choir or handbells.

Volunteer with one of our many ministries.

Sign up to help with running slides, be a door person for Godly Play, or pick a week to fill the Little Food Pantry.

This week, select a way to worship that you've never tried before.

**Tuesday,
April 8th**

Discover Taizé'

A Taizé worship service involves sung and chanted prayers, meditation, a period of silence, liturgical readings, and icons. There is no preaching.

Learn more at

<https://bit.ly/whatistaize>

**Wednesday,
April 9th**

Worship with Your Whole Body

Research and try a whole body worship practice like Holy Yoga and Liturgical Dance.



**Thursday,
April 10th**

Invite a Friend

Invite a family member, friend, or neighbor to come join you to worship together this Sunday.

Friday, April 11th

Music

Switch your usual podcast or radio station for praise music! Listen to a variety of different styles; Gregorian chants, traditional hymns, contemporary Christian music, gospel music, and Children's Bible songs. Mix it up and find something new to love.

Saturday, April 12th

Art

Read a selection of scripture, then create a piece of artwork. Consider oil painting, watercolors, sculpture, block printing, textile art, collage, or other forms of expression to show what that passage means to you.

Consider offering your piece up for display.

HOLY WEEK

Sunday, April 13th

Learn about Holy Week

Palm Sunday

Watch this video about Holy Week with your family.



<https://bit.ly/saddlebackkidsholyweek>

Monday, April 14th

Study the Scripture

Read John 12:1-11



Tuesday, April 15th

Study the Scripture

Read Luke 21:34-38

Wednesday, April 16th

Study the Scripture

Read Luke 22:1-6

Thursday, April 17th

Study the Scripture

Maundy Thursday

Read John 13:1-17, 31-35



Friday, April 18th

Study the Scripture

Good Friday

Read Luke 23:1-49



Saturday, April 19th

Study the Scripture

Read Luke 23:50-56

Sunday, April 20th



<https://bit.ly/wayoflovego>

Monday, April 21st

Reach Out to a Loved One

Is there someone in your life that has had a rough go recently? Perhaps they are sick or mourning or struggling. Call them, invite them out, bring them a meal, send them a note, or pick something to do together to help them know that they are loved.

Tuesday, April 22nd

Act of Service with Family

Do an act together that blesses another. Take someone a meal, visit the nursing home, do some small chore, work in the garden, or whatever you all may decide together.

Wednesday, April 23rd

Pray

Pray for the wider world.



Thursday, April 24th

Walk the Neighborhood

Take a walk around your neighborhood together. Where do you see God at work? Where do you see signs of brokenness? What might Jesus be calling you to do?

Friday, April 25th

Share the Love

Tell someone about your love for Jesus and how Jesus loves them too.

Saturday, April 26th

Be Love

Share the love of Jesus with someone in need. Distribute Advent Has Heart Bags, participate with Hit the Streets Ministry, or volunteer with Block Love.

REST

Sunday, April 27th

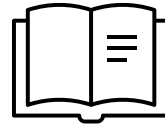


<https://bit.ly/wayofloverest>

Monday, April 28th

Do What You Love

Make time for what you enjoy. Read a book, enjoy a hobby, or perhaps there's an activity that interests you that you've never given time to – try it now.



**Tuesday,
April 29th**

Reflect

Journal or meditate. What is God asking you to do in this chapter of your life?

**Wednesday,
April 30th**

Unplug

Give up devices for part of the day. No phones, tablets, computers, or tv.



**Thursday,
May 1st**

Centering Prayer

Find a quiet space and devote ten minutes to Centering Prayer.

Learn more about Centering Prayer here:



<https://bit.ly/introtocenteringprayer>

Friday, May 2nd

Nature

Alone or with someone else, go outside and enjoy God's beauty.

Saturday, May 3rd

Spend Time with Family and Friends

Share a meal with family and friends. Cook together or meet at a favorite restaurant and enjoy conversation over delicious food. Minimize distractions so you can simply enjoy each other's company.

The Way of Love

A Series for Lent

Advent Lutheran Church -2025

Wednesday, March 5 th	<i>Ash Wednesday</i>	11-12pm Drive-thru Imposition of Ashes 7:00pm Ash Wednesday Service
Sunday, March 9 th	<i>1st Sunday of Lent</i>	10:00am Worship
Wednesday, March 12 th		6:00pm Lenten Meal 7:00pm Lenten Service
Sunday, March 16 th	<i>2nd Sunday of Lent</i>	10:00am Worship
Wednesday, March 19 th		6:00pm Lenten Meal 7:00pm Lenten Service
Sunday, March 23 rd	<i>3rd Sunday of Lent</i>	10:00am Worship
Wednesday, March 26 th		6:00pm Lenten Meal 7:00pm Lenten Service
Sunday, March 30 th	<i>4th Sunday of Lent</i>	10:00am Worship
Wednesday, April 2 nd		6:00pm Lenten Meal 7:00pm Lenten Service
Sunday, April 6 th	<i>5th Sunday of Lent</i>	10:00am Worship
Wednesday, April 9 th		6:00pm Lenten Meal 7:00pm Lenten Service
Sunday, April 13 th	<i>Palm-Passion Sunday</i>	10:00am Worship
Wednesday, April 16 th		6:00pm Lenten Meal 7:00pm Lenten Service
Thursday, April 17 th	<i>Maundy Thursday</i>	7:00pm Service
Friday, April 18 th	<i>Good Friday</i>	7:00pm Service
Sunday, April 20 th	<i>Easter Sunday</i>	Worship 8:30 – 9:30am Easter Breakfast 9:30am 11:00am Egg Hunt 10:30am Worship 11:00am-12:00pm

