A 2016 Lenten journey completed

Head Out On a Lenten Journey

BY EDEN KEEFE

Some years ago, I was challenged by then LWML President, Jan Wendorf, to be In the Word, of the Word, and walking daily with our Lord. I was blessed by a variety of excellent study resources, prayer journals, and daily devotions. Then, one day, I realized that it was becoming an item to check off my To Do list rather than treasured time with my Savior. I had lost my focus and was just going through the motions. Wow! That's hard to admit even now. Thankfully, we are blessed with a Gracious Father Who desires us to come to Him with repentant hearts. And, so I did, asking His forgiveness and for the Spirit to guide me as I sought a way to reconnect to His Word. I was confident He would keep the promise He revealed to Jeremiah, *For I will satisfy the weary soul, and every languishing soul I will replenish* (Jeremiah 31:25).

Soon, I was introduced to a practice of journaling that incorporated visual elements. I started with Lent devotions and a template designed by Visual Faith™ Coach Pat Maier. Each day during Lent, I read and reflected on that day's reading and then responded with a word or an image inside a shape on the template. With His Word, a pen, and a few colored pencils I found myself looking forward to this part of my day.

Could this be a practice you would like to try during the season of Lent? Perhaps your church provides daily Lenten devotions. If not, Lutheran Hour Ministries provides free devotions, and Concordia Publishing House has a number available for purchase. I would suggest selecting one and downloading a template to use.

LWML has created a free template to help you get started. You will find it at: *www.lwml.org/lwq-spring-2020.*

Here is a guide to begin journaling using a template that has 40 small spaces for daily reflection.

- In the margins of your Bible or on a separate piece of paper, summarize the devotion or Scripture reading in one or two sentences.
- Next, narrow it even further, using just a few words (like a tag line) to summarize what it says to you. Write those words inside a space on the template.
- If there are any word pictures or images that come to mind, you can incorporate them or use instead of the words.
- Each day, as you reflect and respond to the reading, you can also look back and review previous days' responses. What is God revealing to you on your Lenten journey? Q

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