

Lent Week 1: Injustice

These activities are based around the traditional “3 Pillars” of Lent: Prayer, Fasting and Service/ Almsgiving. The pillars are rotated throughout the week with simple activities. All the activities are suggestions. Modify them for your family.

This week we will focus our prayers, fasts and service on injustice in our community and around the world.

Ash Wednesday: pray

Activity: Read Isaiah 58 slowly a few times and stop to meditate on phrases that stick out to you. Ask God to make clear what He is saying to you.

Read: Isaiah 58

Thursday: serve

Activity: Write an email or letter to your representative urging them to fight for a cause of injustice. You can find out who your representative is by entering your zip code here:

www.house.gov/representatives/find-your-representative

Find tips on what to write here: www.apa.org/advocacy/guide/letter-email

Contact Senator John Cornyn: www.cornyn.senate.gov/contact

Contact Senator Ted Cruz: www.cruz.senate.gov/?p=form&id=16

Read: John 1:1-28

Friday: fast

Activity: Fast from anger. Uproot an old grievance. Forgive. Make amends.

Read: John 1:29-51

Saturday: pray

Activity: Pray the prayer of confession today and ask God to show you how He wants you to address injustice.

Read: John 2

Daily Opening Prayer:

God of justice, peace and righteousness, wake us up, open our eyes, unplug our ears, that we might hear, that we might see, that we might grieve, that we might follow the ways of your kingdom.

Prayer of Confession:

Most merciful God, I confess that I have sinned against you in thought, word, and deed, by what I have done, and by what I have left undone.

I have not loved you with my whole heart; I have not loved my neighbors as myself. I am truly sorry and I humbly repent.

For the sake of your Son Jesus Christ, have mercy on me and forgive me; that I may delight in your will, and walk in your ways, to the glory of your Name. Amen.