The Season of Lent will soon be upon us -- a great time for us to pay more attention to our Spirit-life. Here's a process to help with that venture.

Lent is a spiritual journey that we take from Ash Wednesday to Easter. This is a journey that can bring us closer to the heart of God. It is a season for developing and strengthening our spiritual life. To assist in this journey, we are invited to participate in a spiritual workshop called "A JOURNEY OF PRAYER". Each week, as we continue our pilgrimage toward Easter, we will be asked to engage in specific prayer activities.

FIRST WEEK (March 1-7) PRAY FOR YOURSELF! Use this week to pray for yourself and look inward. Thank God for the miracle which is you. Confess yourself to God -- both your strengths and your weaknesses. Hold yourself open to God's Presence and seek God's direction for your life.

SECOND WEEK (March 8-14) PRAY FOR YOUR LOVED ONES! Pray for each member of your family by name. Hold them in God's Presence, and thank God for their gifts and what they mean to you. Send each of them a card and tell them of your prayers.

THIRD WEEK (March 15-21) PRAY FOR YOUR FRIENDS! Each day this week pray for your friends. Name them one-by-one, and trust them to God's care. You may want to write them note and let them know of your prayers.

FOURTH WEEK (March 22-28) PRAY FOR YOUR NEIGHBORS! Make a list of at least 10 people in your neighborhood and pray for them each day.
Seek God's peace for them. Maybe you will want to send some of these persons a card or a note and thank them for their presence in your community.

FIFTH WEEK (March 29- April 4) PRAY FOR YOUR ENEMY(S)! This week pray for those who have wronged you or those toward whom you have hard feelings. Forgive them and forgive yourself. Write a note and send it after praying again for each person on your list.

SIXTH WEEK (April 5-11) PRAY FOR THE CHURCH AND THE WORLD! Use this week to pray for your congregation and those who lead it. Pray for the church everywhere that we may all be faithful to God's call in our lives. Pray for all the peoples and nations of God's creation that we might realize our oneness in God!

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