

Welcome to our 3rd Sunday of Lent.

We are moving together on our journey to Easter. Lent is a special season (the 40 days between Ash Wednesday, Feb. 26, and Easter Sunday, April 12, not counting Sundays) that can be a reflective time to re-prioritize your faith and grow closer to God.

- How is your Lent going?
- How can you find ways to intentionally grow closer to God?
- What do those ways look like?

Jesus struggled with the best way to be faithful to God. Jesus received strength from prayer and trusting God. It's not always easy to be faithful to God. We, too, can be strengthened when we trust God.

SCRIPTURE:

"Not what I want, but what you want." —Mark 14:36

BIBLE BACKGROUND (Mark 14:32-38):

During the last week of his life (Holy Week), Jesus ate at the Passover dinner with his disciples. After the meal he served the bread and wine and asked them to remember him each time they ate those common foods. Judas left to do his betrayal (accepting money in exchange for revealing Jesus' identity to the soldiers who were coming to arrest him.) Jesus and the remaining disciples walked across the Kidron Valley to the Garden of Gethsemane on the side of the Mount of Olives—a place they frequently went to pray.

Jesus took Peter, James and John into the garden with him. He asked them to watch and pray. He went off by himself in the garden and prayed. *"Father, for you all things are possible; remove this cup from me; yet not what I want, but what you want."*

When he returned to where he had left the disciples, Jesus found them sleeping. He was disappointed and asked "Could you not keep awake one hour?" He told them to keep awake and pray that they would not be tempted.

ACTIVITIES:

Make a Prayer Box and your own Prayer Garden: Jesus had a special place to pray, where he felt close to God.

- Do you have a special place to pray?
- Can you create your own small prayer garden to help you remember Jesus in the Garden of Gethsemane and help you remember to pray?

Get a small container and decorate it as your box of prayers. On little slips of paper, take time to write the names or draw pictures of people and things you would like to pray for. Place them in your prayer box. Get a large piece of paper and draw and color on it to create your own "special garden". Does your paper garden have trees, flowers, rocks and animals in it? You can even add to your garden as the season changes and spring flowers emerge. Place your prayer box in your paper garden and put that in a special place. You can return to this special place each day to add prayers to your prayer box, add images to your garden and most of all, to pray.

Meals: Take time when you are eating this week, to remember Jesus. Let your food remind you of that special meal Jesus had with his disciples where he asked them to remember him.

PRAYER:

Dear God,
I know you hear my prayers.
Help me to pray like Jesus did
and to trust you.
Guide me through this special time of Lent.
Thank you for reminders of your love,
and of your presence in my life.
Help me to see and feel
the comfort and peace
you offer to me every day.
I love you.
Thank you for loving me.
Amen