

**Welcome to our 4th Sunday of Lent.**

What a different kind of Lent journey we are having this year. I hope you and your loved ones are all staying well as we move towards Easter. We can look at this time, having to stay apart, as an unexpected blessing. This blessing is a chance to slow down. When we slow down, we can take the time to look around us and see people and things for which we are truly grateful. When we slow down, we can more easily make choices. This time reminds us that we are all inter-connected and need one another.

- Where do you see God during this time?
- How is God part of your time at home?
- Have you had to make hard choices?

Jesus took time to connect with God. He went out into nature and turned to prayer to help him think about the choice he had to make. We, too, can be strengthened when we find quiet time and take a moment to talk with God and feel God all around us.

**SCRIPTURE:**

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

**BIBLE BACKGROUND (Mark 14:32-39):**

After Jesus' last supper with his disciples, they went to the Garden of Gethsemane. Jesus stayed awake, praying alone. He was asking God for guidance. Does he choose to run away or does he make the hard choice of what God is asking of him and face being arrested?

*"Father, for you all things are possible; remove this cup from me; yet not what I want, but what you want."*

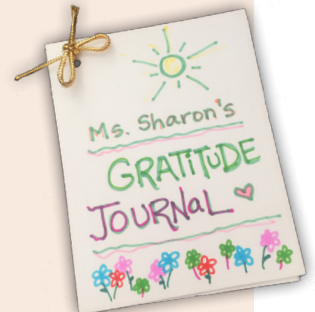
When he returned to where he had left the disciples, Jesus found them sleeping. He was disappointed and asked "Could you not keep awake one hour?" He told them to keep awake and pray that they would not be tempted. Jesus was reminding the disciples that they needed each other.

**ACTIVITIES:**

**Snack Choices:** Look around your kitchen and see if you can put together a small simple snack for each person in your home. Did you make a different snack for each person? What choices did you have to make? How did it feel to do something for someone else? You are a blessing! Send a photo of the snacks you made to Ms. Sharon: [sharon@stlukeshr.com](mailto:sharon@stlukeshr.com)

**Make a Gratitude Journal:** Get some paper and secure together with a staple or punched hole in the corner tied with string or ribbon. Or if you have a small notebook, you can use that. This will be your Gratitude Journal. Each day, write in your journal at least 3 things you are thankful for. Look at the things you wrote down, put your hand over your heart and say a little blessing:  
*"For you my heart is grateful.  
Because of you my life is blessed.  
Thank you."*

**Cards of Comfort:** Don't forget to drop off cards and pictures (sign them with your name and age) in the box on the church porch. We will deliver them to those in care centers to share our love.



**PRAYER:**

Dear God,  
Thank you for giving me this chance to slow down. Help me to take this time to recognize what I am truly grateful for. Help guide me as I make choices and let me trust you. Help me to be kind and help those around me. Be with those who are struggling and give them comfort.  
Thank you for your son, Jesus.  
I love you. Thank you for loving me. Amen