

# Entering Lent: An Invitation

*Lent is not something to get through. It is a place to stay—with Jesus.*

## **A Moment of Stillness**

Take a breath. Notice where you are today—without judgment.

**If you had to describe your current season with one word, what would it be?**

## **The Desert**

The desert is not barren. In Scripture, it is often the place where God:

- calls
- forms
- restores
- prepares

The desert is not the absence of God—it is often where His presence becomes clearer.

## **Lent as an Invitation to Encounter**

- Where is God inviting me to slow down? Or what am I being asked to notice?
- How might God be revealing himself to me in a new way?

## **A Gentle Intention for Lent**

Choose a posture. Circle or write one word or phrase that feels like an invitation:

- slowing down
- moments of silence
- listening more deeply
- walking with Jesus
- releasing control
- resting in His peace. Or write your own.

## **A Closing Prayer**

*Jesus,*

*Meet me where I am.*

*Teach me how to stay with You—*

*in the quiet,*

*in the noise,*

*in the in-between,*

*when I feel you close and*

*when I don't*

*when life is full of joy,*

*and when it is heavy and uncertain.*

*I trust that You are near, and that I do not walk alone. Amen*