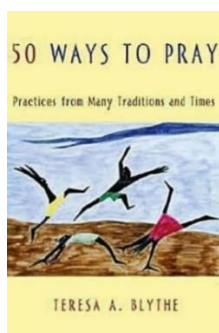


Breathing In – Breathing Out: Rooted in Prayer – Committed to Action
Lent 2022 at Federated

The theme for our Lenten journey at Federated this year is **“Breathing In and Breathing Out: Rooted in Prayer/Committed to Action.”** The idea here is that the spiritual life includes both inner growth and outward action. Toward this end, we invite you to dedicate this time to intentional prayer and action.



Based on the Lectionary readings for the Lenten season and on the book *50 Ways to Pray: Practices from Many Traditions and Times* by Teresa A. Blythe, you are invited to explore and practice various prayer traditions, with the intention of growing deeper in your relationship with God. We are grateful to Teresa for permission to use her book as a resource to guide our journeys, and encourage you to buy the book for full descriptions of the prayers we suggest, as well as other prayer forms. By **Breathing In**, you are invited to make a commitment to opening yourself to growing closer to the Holy One. Take in God’s unconditional love for you, gratefully receive the blessings that come with times of prayer, and be inspired. Each week, three different prayer practices will be described as suggestions to try out. You may want to just dip your toes in, or totally immerse yourself. Explore these as you feel called.

As we spend time in prayer, may we be more and more aligned with God’s desires for us, and for the world. We remember that our call as God’s children is both to contemplation and to action. Our deep and sincere prayers will lead us to partner with God, to be co-creators of a more compassionate, loving and just world. To that end, please read the suggestions for **Breathing Out**, for actions on page 8 of this resource.



You may want to consider joining a book group to find support and share your experiences with a community as you journey through this season. Register to be part of the group on:

Sunday Evenings at 7 PM - beginning March 6 Led by Kristin LeFeber online via Zoom. [REGISTER.](#)

Monday Evenings at 7 PM - beginning March 7 Led by Maren Koepf & Susi Kawolics via Zoom. [REGISTER.](#)

Wednesday Afternoons at 1:30 PM - beginning March 9 Led by Judy Bagley-Bonner and Jane Kenneweg in-person in the church Lounge. [REGISTER.](#)

Wednesday Evenings 7 PM - beginning March 9 Led by Richard Falkenberg in-person in the church Lounge. [REGISTER.](#)



MEET THE AUTHOR! In addition, we are thrilled that the author of the book *50 Ways to Pray*, Teresa Blythe (teresa@teresablythe.net), will be joining us for a zoom gathering. It will be an opportunity for you to meet her, and to engage with her on thoughts, experiences, etc. as you use her book. We hope you’ll be able to join us on Monday evening, March 21st at 7 PM.

Zoom link: <https://us02web.zoom.us/j/86281860909?pwd=WDF2OXIzRmJYOWs4b1NlXhJbGpndz09>

Summary of Scriptures and Prayer practices for Lent:

Week	Scripture(s)		Chapters and Practices
1: 3/6 – 3/12	Luke 4:1-13		Chapter 4, p. 57: Life Reflections
2: 3/13-3/19	Psalm 27 and	Luke 13:31-35	Chapter 2, p. 29: Basic Contemplative Practices
3: 3/20-3/26	Isaiah 55:1-9	Psalm 63:1-8	Chapter 1, p. 15: Biblical reflections and Chapter 7, p. 99: Prayers of the Imagination
4: 3/27-4/2	Luke 15:1-3, 11b-32	Psalm 32	Chapter 6, p. 85: Body Prayers
5: 4/3-4/9	John 12:1-8		Chapter 9, p. 121: Praying for Others
6: 4/10-4/16	Luke 19:28-40	Luke 23:1-49	Chapter 3, p. 45: Lectio Divina and Chapter 7, p. 99: Ignatian Imagination Prayer

Breathing In:

Week 1: 3/6 - 3/12

Focus Scripture: [Luke 4:1-13](#) (Jesus tempted in the desert)

50 Ways to Pray - Chapter 4 – Life Reflections, p. 57

Within the story of our life are glimpses of God's loving guidance, companionship, and support along the way.

A Contemporary Examen (p. 59)

Jesus said: "Worship the Sovereign your God, and serve God alone." (Luke 4:8)

Intention: To pray through events in our daily lives

Steps:

Make yourself comfortable and commit to a time of prayer.

Rest in silence a few moments

Ask God's Spirit to lead you through your review of your day

What was the best part of your day? Relive it in your imagination. Give thanks to God for it.

What was the most difficult part of your day? Offer it to God for healing.

Ask yourself:

Where have you "worshiped" God, in the broadest sense?

Where have you worshiped something/someone else?

Confess, make amends where needed, and receive God's forgiveness.

End by giving thanks to God for all the ways God has been with you in joy and in pain.

Prayer of Remembrance (p.61)

In the desert, Jesus had a lot of time to reflect on his life, and where God was present in it.

Find a comfortable place, and allow yourself about 45 minutes of quiet time.

Remember a past event, an experience, a memory that has been on your mind. Something that has been nagging at you, or something wonderful you want to remember. Take ten minutes to select your memory for reflection.

Focus intently on it – relive the experience in all its feelings.

Shift attention to prayer – Where was your soul most animated? Where did you experience most attraction to God, or inner disturbance?

In prayer, explore the most active feeling – stay with it for 10 minutes.

Converse with God about it – you may want to imagine talking with God, or journal about this. Spend at least 15 minutes.

End by thanking God.

Praying the Ultimate Questions (p.63)

What is your deepest desire in this season of Lent? How is God present in that desire?

Spend about 20 minutes in quiet.

Ask God to be present to you in this time.

Open yourself to the question

Simply sit with it.

What comes to mind? What is attractive about the question? What is disturbing?

How would you, right now, answer this question?

How is God present to you in either the question or your reflection?

You may want to write down answer to refer to throughout your Lenten journey.

Breathing Out: See Page 8

Breathing In

Week 2: 3/13 - 3/19

Focus Scriptures: [Psalm 27](#) and [Luke 13:31-35](#)

50 Ways to Pray - Chapter 2 – Basic Contemplative Practices, p. 29

Contemplation is the stillness we need to be aware of God's presence.

"Here I Am" Prayer (p. 31)

Psalm 27:8 "Come," my heart says, "seek God's face!" Your face, God, do I seek.

This is a good prayer to start with if you are new to contemplative prayer.

Resolve to be in prayer for at least 5 minutes with no distractions.

Sit and say to yourself, "Here I am seated, doing nothing. I will do nothing for five minutes" (or however long you want to try for.)

Notice your own bodily presence, how each part of your body feels. Notice what you feel inside.

Notice the presence of all that is around you. Just be present and silent in your environment.

Relax even more. Say to yourself "Here I am in the presence of God."

Repeat silently to God, "Here I am." Bask in the presence of the Holy One until your time goal has been reached.

Centering Prayer (p.32)

Luke 13:34 Jesus says, "How often have I desired to gather your children together as a hen gathers her brood under her wings." Know yourself held and protected under God's wings.

This is a prayer that is wordless, imageless, and wholly contemplative.

Start by setting aside twenty minutes.

Choose a word or phrase that fits your image of God – such as "Love", "Lord", "Holy One" – or whatever works for you.

Ask the living presence of God to become real to you in this time.

As you enter into prayer time, say your sacred word to yourself silently. As other thoughts enter your mind, return to the sacred word.

Retain no thought, resist no thought, react to no thought, and return to the sacred word when your mind wanders.

At the end of the prayer time, take a minute or two to thank God for this time.

Don't judge this prayer time by how successful/distracted you were. God rejoices in all attempts at prayer.

Prayer of the Heart (p.36)

Deep within us is a prayer phrase, a longing to be expressed, a "Prayer of the Heart." One part is said on inhalation, and one on exhalation.

Examples are: "Come, Lord Jesus," or, from Psalm 27, "Teach me your way, O God."

Begin seated in comfortable position.

Take about five deep, slow breaths, allowing tension to flow out with exhalations.

What is your deepest and truest longing for life with God at this moment? Give that longing a short phrase.

What is your favorite name for God? Combine name with longing.

Begin to say your phrase. Inhale on one part, exhale on the other. Do this for several minutes. Then sit in silence.

Remember this phrase and pray it throughout the day, week, month, year.

Breathing Out: See page 8

Breathing In:

Week 3: 3/20 - 3/26

Focus Scripture(s): [Isaiah 55:1-9](#) and [Psalm 63:1-8](#)

**50 Ways to Pray - Chapter 1 - Biblical Reflections, p. 15
and Chapter 7 - Prayers of the Imagination, p. 99**

Chapter 7 - Desire prayer (p. 104)

Psalm 63:1 "My soul thirsts for you."

Say a prayer of gratitude for all that has been, all that is, all that will be in your life.

State your heart's deepest desire before God. What is it you most thirst for?

Visualize your desire. Feel it. Touch it. Taste it. Smell it.

Stay with this step several minutes. Let go of specific outcomes.

Ask that God's desire be fulfilled by it becoming your desire.

Ask God how you might assist in fulfilling this desire.

Allow space for God to speak in and through your imagination.

Close by thanking God for this desire.

In days following this prayer, be aware of ways God may be offering you opportunities to live into the desire.

When opportunities appear, take prayerful action, and thank God for opportunities and eyes to see them.

Chapter 1 – Listening to Wisdom (p. 18)

Read [Isaiah 55:1-9](#)

Spend ten minutes reading the passage slowly and carefully.

What do you hear that resonates with you right now? Write down your word or words of instruction

Reflect on any thoughts or actions that it prompts.

What is it like to reflect on these instructions? Is there something you are resistant to? Explore that.

End with a prayer of gratitude for God's wisdom given to you.

Chapter 1 - Create Your Own Psalm (p. 27)

Find a comfortable desk or table to write on. Gather writing materials and a Bible.

Ask to become aware of God's spirit dwelling within, and for that spirit to inspire you.

Read [Psalm 63:1-8](#)

What feeling / longing within you do it evoke?

Write a free-form psalm based on your feeling or longing.

Be honest with God, like the psalmists are.

Read your psalm aloud. Pray it. Offer it to God.

Breathing Out: See Page 8

Breathing In:

Week 4: 3/27 - 4/2

Focus Scripture(s): [Luke 15:1-3, 11b-32](#) and [Psalm 32](#)

50 Ways to Pray - Chapter 6 – Body Prayers, p. 85

Embodying Scripture (p. 95)

Ask God to be present to you in your body and motion as you encounter God's word.

Read [Luke 15:1-3, 11b-32](#) slowly.

Place your Bible where you can refer to it, and find a comfortable place to move around.

Read verses suggested and pause in silence after each one:

Read verses 11-13, and embody the actions of leaving your family.

Read verses 14-17, and embody the futility, hopelessness and anguish that you feel.

Read verses 18 and 19, and embody your confession to your parent.

Read verses 20-24, and embody the love of your parent welcoming you back.

End with a prayer of gratitude for what God has revealed in this prayer experience. Write about this prayer experience.

(You may also wish to experience this through [Psalm 32](#))

Confession body prayer (p. 96)

Remember the words of Psalm 32:5 Then I acknowledged my sin to you, and I did not hide my iniquity; I said, "I will confess my transgressions to God," and you forgave the guilt of my sin.

Make fists.

Imagine putting all that comes between you and God, all your sin and brokenness in your clenched hands.

Open your hands and offer these shortcomings to God. Allow God to forgive you.

Cup your hands to receive God's blessings.

Place your palms together in front of your heart as you express your gratitude to God.

Praying the Labyrinth (p. 92)

Find a labyrinth to walk. (<https://labyrinthlocator.com/>)

Begin by remembering all you are grateful for before entering the labyrinth. Ask God for a sense of God's presence throughout your walk.

Like the prodigal son on his return home, think about what it is you want to release: a burden of guilt, a problem, a grudge, a feeling.

As you walk to the center of the labyrinth, picture that as God's loving embrace, and imagine yourself leaving behind what you are releasing with every step you take.

When you come to the center, open yourself to the gift of your parent's (God's) mercy, forgiveness, wisdom, love, grace.

Stay in the center as long as you wish.

As you walk out, let these gifts enter deeper and deeper within you with each step you take.

End with a prayer of thanksgiving for all you have received during this time.

Breathing Out: See Page 8

Breathing In:

Week 5: 4/3 – 4/9

Focus Scripture: [John 12:1-8](#)

50 Ways to Pray - Chapter 9 - Praying for Others, p. 121

Read the scripture passage, and be inspired by Mary's extravagant gesture of love for Jesus. May we model love for others as she did.

Intercessory Prayer (p. 122)

This is a prayer which we use to pray for another person.

Begin seated comfortable in a chair. Take at least five deep, slow breaths.

Get in touch with the deep center of your being, saying to yourself: "Here I am in the presence of God's everlasting care and love."

State who and what you are praying for. Lay your heart's desire out before God.

Take time to be silent.

Allow a visual image of God anointing that person with light and love, like Mary anointed Jesus with Spikenard.

In your mind's eye, see the person becoming whole and reconciled in the situation.

Feel the grace of God's transforming love for that person.

Ask that God's desire and purpose for the person or situation be fulfilled.

Release the person or situation into the fullness of God's care. Leave the outcome in God's hands.

Repeat for others as you wish.

End by raising your arms in a body prayer, offering all that you are and all that you prayed to God.

Healing Prayer (p. 123)

Hold a hurting person or situation in the light of God's love and healing power.

Light a candle as a symbol of the Divine Light.

State your intention before God.

Ask God for faith and trust in healing, for courage to let go of outcome, and openness to allow God's healing to take any shape or form.

Visualize a brilliant, warm, shining light from God surround you and softening your heart, mind and body.

Bask in this light.

Visualize this same light expanding and surrounding the person or situation that needs healing.

See the light softening and releasing any dysfunction or pain.

Feel love and compassion for person or situation.

Stay in prayer with this light for several minutes. Watch the light as it heals.

Close with prayer of gratitude for the healing that takes place.

(You may also want to visualize Jesus laying hands on the person that needs healing).

Prayer for the World (p. 129)

Sit comfortably and take some deep breaths. Ask Holy Spirit to pray in and through you and visualize:

Your home and family – What are some concerns in your home? Ask God how you can be more receptive to God's desires at home.

Visualize your workplace, and follow steps above.

Visualize your community, your nation, the world, following same steps.

Think about our planet. Where is God's love, mercy, compassion most needed right now? Ask God how you can be more receptive to God's desires for the world and for the earth.

Listen for God's voice leading you to action. Stay in time of silence for at least five minutes.

End with short prayer of gratitude for ways in which God works in the world.

Breathing Out: See Page 8

Breathing In

Week 6: 4/10 - 4/16

Focus Scripture(s): [Luke 19:28-40](#) and [Luke 23:1-49](#)

50 Ways to Pray – Chapter 3: Lectio Divinas, p. 45 and Chapter 7- Prayers of the Imagination, p. 99

Chapter 3 - Lectio Divina (p. 46)

Read Luke 19:36-40, or Luke 23:43-49 or another short section of one of the focus scriptures.

Silencio – After choosing scripture and placing it nearby, become still and quiet within. Let go of concerns, thoughts, worries and just *be*.

Lectio – Read passage slowly and carefully, aloud or silently. Reread. Be alert to any word, phrase or image that seems to call to you. Wait for this word, phrase or image that resonates for whatever reason.

Don't rush or force it.

Meditatio – Take the word, phrase or image and ponder it in your heart. Repeat it to yourself like a mantra. Allow it to interact with your deepest self.

Oratio – Let your soul be deeply in prayer, allowing God to transform you through this word, phrase or image. Let your feelings be open and honest with God. Let your heart be in dialogue with God. How does this word, phrase, or image connect with your life today?

Contemplatio -Rest silently in presence of God.

Chapter 3 - Luther's Four Strand Garland (p. 50)

Think of this prayer as a garland with four ribbons: Instruction, thanksgiving, confession, and guidance.

Choose a short passage from the suggested scriptures, as above.

Start by following steps *Silencio*, *Lectio*, *Maditatio*1-3 above.

Reflect on what in that word, phrase or image, seems to have a lesson for you. You may want to write it down.

Reflect on what in that brings out a sense of gratitude and thanksgiving in you. Again, you can write it down.

Reflect on draws you to confess a sin, shortcoming or spiritual block.

Read passage again. Reflect on what might be a word of guidance in your life. How is God present in the Scripture, or how might God be leading you?

Sink into God's presence and rest there.

End with prayer of Thanksgiving.

Chapter 7 – Ignatian Imagination Prayer (p. 100)

Begin with asking God for grace that all your intentions, actions, and imaginings be used in the service and praise of God.

Read either the Luke story of the Palms or the Passion.

You may want to read the first scripture on Palm Sunday, and the second on Good Friday.

Read through the scripture once just to take in details of the story. The pause in silence.

Read it again, slowly, allowing your mind to visualize all that is happening.

Let a visual depiction of this story develop in your mind.

See the road. See the details: length, width, bumpy or smooth, dusty or muddy, etc.

See Jesus and join the throng of people at the scene. Notice all details of what is happening.

Where are you in the scene? What part do you play in the unfolding events?

What sounds do you hear? What are you saying? Are you speaking with people? What is your conversation?

What smells, or tastes do you associate with the scene?

In your imagination, move around and touch various object, people.

Let your imagination run free. Imagine what more there is to the story than is written in scripture.

What is the meaning for you? What part of the story disturbs you? Moves you? What insight does your imagination prayer provide?

Engage in dialogue with one of the characters in the story. You may want to write this down.

Conclude with the Lord's prayer.

Breathing Out: See Page 8



Breathing Out brings balance to our spiritual practice. We are blessed to be a blessing for others. Throughout the Lenten season, let us be more deliberate about recentering the balance between *Breathing In*, in contemplation and renewal, and *Breathing Out*, in action and impact.

Below is a collection of suggestions for responding to each week’s scriptural focus as servants of God, placing others before ourselves.

Together, let us serve and even step outside our comfort zones to stay informed, be engaged, speak up for others.

Week	Scripture(s)		Practices of Breathing Out (Service/Outreach)
1: 3/6 – 3/12	Luke 4:1-13		Turn Outward —Deny yourself a “guilty pleasure” & use those same resources to do something for others.
2: 3/13-3/19	Psalm 27 and	Luke 13:31-35	Be informed — Educate yourself on ways you can stand up against injustice. Attend an SJAM event.
3: 3/20-3/26	Isaiah 55:1-9	Psalm 63:1-8	Delight in a Generous Spirit – Bring donations of housewares and decorative items for St. Paul’s Thrift store. Purchase and bring in nonperishable food delights for the food bank.
4: 3/27-4/2	Luke 15:1-3, 11b-32	Psalm 32	Show Up for the Vulnerable – Donate to the One Great Hour of Sharing mission offering dedicated to disaster, refugee, and development ministries of the wider church. This week, also, shop for hygiene kits to bring on Sunday 4/3.
5: 4/3-4/9	John 12:1-8		Be Engaged – Help assemble hygiene kits to distribute in disaster relief. Attend the Our Nature series session on building back biodiversity in our own backyards.
6: 4/10-4/16	Luke 19:28-40	Luke 23:1-49	Be the hands, feet, and heart of Christ – What can we do to live out Christ’s call for us to love our neighbor? 100 Things to Do For Racial Justice 100 Environmental Things to Do