

LENT TO EASTER 2020 || SCRIPTURE READING & SPIRITUAL PRACTICES

You're invited to make space for God in intentional ways over Lent. Lent is a beautiful season that precedes Holy Week (Good Friday and Easter). It reminds us of God's mercy and faithful love. Of Christ's journey toward the cross.

Think of Lent as a reenacting of the story of Jesus' suffering, death, and resurrection. But this reenactment is not simply so we remember it; it is so we can realize that as we journey with Jesus to the cross and the empty tomb, it is actually God who has come to keep company with us. God with us in our weakness and death; God with us for our victory and resurrection (adapted from the www.mysteryoffaithblog.com).

Fasting is often practiced during Lent. Though you can abstain from social media, sweets or something you give up, fasting originally meant skipping a meal or 2-3 meals over 24 hours weekly in order to remind yourself of your true hunger for God. (*Be wise in how you choose to fast according to your current health.)

READING PLAN: Read these small portions of John's gospel daily. Pick out 1-2 verses or phrases to dwell on longer. Listen for how God is speaking to you through them. Come back to them in the evening for further reflection. Use Saturday to reflect on anything that stuck out during the week and Sunday to focus on the current series Westside is walking through (Jesus' I AM statements, all found in John too).

Wednesday, February 26 | John 1:1-28

Thursday, February 27 | John 1:29-51

Friday, February 28 | John 2:1-25

SATURDAY | Rest and reflect from the week

SUNDAY | What did God bring to your attention in today's gathering?

Monday, March 2 | John 3:1-36

Tuesday, March 3 | John 4:1-26

Wednesday, March 4 | John 4:27-54

Thursday, March 5 | John 5:1-29

Friday, March 6 | John 5:30-47

SATURDAY | Rest and reflect from the week

SUNDAY | What did God bring to your attention in today's gathering?

Monday, March 9 | John 6:1-24

Tuesday, March 10 | John 6:25-71

Wednesday, March 11 | John 7:1-53

Thursday, March 12 | John 8:1-30

Friday, March 13 | John 8:31-59

SATURDAY | Rest and reflect from the week

SUNDAY | What did God bring to your attention in today's gathering?

Monday, March 16 | John 9:1-41

Tuesday, March 17 | John 10:1-42

Wednesday, March 18 | John 11:1-57

Thursday, March 19 | John 12:1-19

Friday, March 20 | John 12:20-50

SATURDAY | Rest and reflect from the week

SUNDAY | What did God bring to your attention in today's gathering?

Monday, March 23 | John 13:1-20

Tuesday, March 24 | John 13:21-38

Wednesday, March 25 | John 14:1-31

Thursday, March 26 | John 15:1-17

Friday, March 27 | John 15:18-27

SATURDAY | Rest and reflect from the week

SUNDAY | What did God bring to your attention in today's gathering?

Monday, March 30 | John 16:1-15

Tuesday, March 31 | John 16:16-33

Wednesday, April 1 | John 17:1-19

Thursday, April 2 | John 17:20-26

Friday, April 3 | John 18:1-40

SATURDAY | Rest and reflect from the week

SUNDAY | What did God bring to your attention in today's gathering?

Monday, April 6 | John 19:1-16

Tuesday, April 7 | John 19:17-42

Wednesday, April 8 | John 20:1-18

Thursday, April 9 | John 20:19-31

Friday, April 10 | John 21:1-25

(GOOD FRIDAY @ 7PM)

HOLY SATURDAY / EASTER SUNDAY

What a combination of spiritual practices can look like daily:

Silence

Take 5 minutes to help you disengage from the clutter and make room for God's voice. Pay attention to your breathing. Invite Christ to fill you as you breath and free you as you breath out. Be aware of His provision.

Scripture

Take 10 minutes to engage God's voice/word in the scriptures. Read through John's gospel daily. Use the Psalms in the daily office.

Spirit

Take 5 minutes to help listen for God's Spirit. How has He prompted you in the scripture? How is He preparing you for your day? What has He taught you today? Do you sense conviction, affirmation, correction or something else)?

Saints (church)

You are not following Jesus alone! Reach out to your Westside family during the day/week; follow up with them on Sunday. Make Sunday a priority. Pray for someone who comes to mind while listening to the Spirit.

Sabbath

Remember to make Sabbath the core of your spiritual practices. Sabbath is a 24-hour period (ideally) where we stop, rest, delight and contemplate. Discern how to best make room for this in your schedule and vocation.

*Listen to our recent [podcast series](#), *The Well*, to help you understand each "S" practice.