

The background of the entire page is a blurred, artistic photograph of a group of people, likely in a church setting, with their hands raised in prayer. The image has a warm, ethereal quality with a color gradient from purple on the left to orange on the right.

# ALTERED

by the spirit

A C R E A T I V E   A N D  
C O N T E M P L A T I V E  
E X P L O R A T I O N

# WELCOME

Greetings beloveds and welcome to this year's Lenten devotional, *Altered by the Spirit: A Creative and Contemplative Exploration*. I am glad you are here. In these pages you are invited to wholly (in mind, body, and spirit) abide with Divine Presence through contemplative prayer and creative expression.

The liturgical season of Lent invites our attention to turn again, more deeply, toward the life and teachings of Jesus in the days leading up to Holy Week. In this particular Lenten exploration, you are invited to journey alongside the sacred stories and texts within the Book of Acts (with Revised Common Lectionary suggestions). Here, we bear witness to the Spirit's movement and the ways 'the Spirit alters our perspective, transforms our communities, and consistently blazes a trail ahead of us.' So, beloveds, across time and space we join together, offering our attention and intention to pray and wake up to the 'alter'native invitations of God's Spirit in the midst:

Ash Wednesday **Altered in witness**

Week 1: **Altered through God's creativity**

Week 2: **Altered on the edge of belonging**

Week 3: **Altered alongside our enemies**

Week 4: **Altered by disruption**

Week 5: **Altered through stories we don't trust**

Palm Sunday **Victory Altered**

Michelle Walka

Beloved Art and Practice

[www.BelovedArtandPractice.com](http://www.BelovedArtandPractice.com)



# INTRODUCTION

ABOUT CONTEMPLATIVE PRACTICE AND CREATIVE EXPRESSION

## WHAT IS CONTEMPLATIVE PRACTICE?

Contemplative practice, in its most expansive sense, is the way in which we make space in our lives to pay attention, to listen, and be open to God. Activities like silence, prayer, worship, creativity, intentional breathing, expressive movement, meaningful rituals, etc. are all types of practices that we can engage in. In the midst of our everyday lives, these practices help us connect with our whole selves (mind, body, and spirit) and, as Carmelite William McNamara describes, take a “long, loving look at the real.” This type of practice is not about getting it right, producing something, or pursuing the lie of perfection; but it is about showing up in the present moment with curiosity, kindness, and openness as you encounter God’s wisdom along the way.

## Creative Expression as Practice

God the Creator continually invites us to create! No matter if we think we are good at it or not. As Julia Cameron in *The Artist’s Way* offers, “Creativity is an act of faith.” As we practice creativity, we are invited into this sacred creation with God, acting out in faith with vulnerability, hope, courage, and trust. To help us with this contemplative practice of creativity, here are three invitations to shape your reflection and expression process:

### **You are invited to play.**

What would it be like to embrace curiosity, wonder, and awe as you practice creativity... or even silliness and a bit of fun?

### **You are Invited to soften.**

Explore extending kindness toward yourself (and others); offering generous hospitality and gentleness to whatever arises in your practice.

### **You are Invited to open.**

What would it be like to loosen your grip on what you think this time should be or what you think you are capable of? Try embracing a posture of permission giving and intentional care with your needs, desires, longings, and reflections.



# PRACTICE GUIDE

This devotional resource has both daily and weekly rhythms of prayer and practice. While each day in this devotional describes the practice invitation, the following is a practice guide to help accompany you throughout your Lenten devotional exploration.

Most practices invite about 10-20 minutes of your time each day. However, let this be a life-giving connection and not just another to-do on the never-ending list. As you set your own intentions and rhythms for this devotional time, ease any notions of “getting behind.” Each day is simply an invitation to practice, whatever this might look like.

## OPTIONAL SUPPLY LIST

### **A candle**

The kind that you light or the kind that you turn on

### **An ‘Alter’ space of your design**

Refer to the practice guide for Friday’s ‘Alter’native Space Making for more information

### **A Bible or Bible app**

Some resource to read the selected scripture passages)

### **Writing utensil of choice**

Pen, pencil, etc.

### **Journal/Notebook paper**

This can be a journal/notebook you already use or sheets of paper, simply something to write down your reflections and noticings

### **Creative tools of choice for the practices**

You can see the individual practices in this guide for more information, but this might include things like markers, crayons, paints, charcoals, collage materials, musical instruments, clay, fabric, sewing materials, etc.

### **DIY ICON worksheet printout**

See the Creating Your Own DIY Icon in this guide for more information



# ICON ART REFLECTION

## SUNDAY

This practice invites you to ponder the icon section image and short reflection that corresponds with the theme of the week. You can engage this practice in whatever way is connecting for you (journal, with a walk, in stillness, in community, etc.). No specific supplies are needed.

# CREATING YOUR OWN DIY ICON

## MONDAY & WEDNESDAY

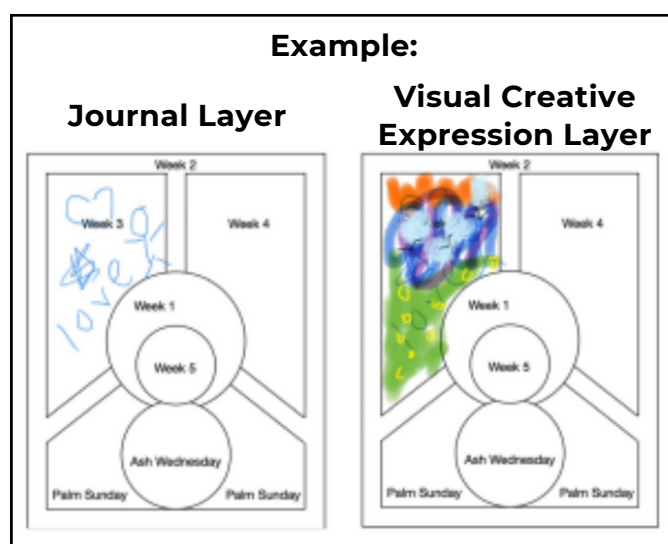
Throughout this devotional series, you will be invited to create your own DIY ICON. This is a cumulative art expression where you will be working in reflection and creative layers (one section with two layers each week). A worksheet of the icon outline is provided. You can print this page out for your use. At the most basic, you can engage in this project with plain paper (or the printed worksheet), pencil, and coloring utensils like crayons/markers. However, if you want to explore/play with other materials feel free to gather what creative tools are connecting for you. To spark the imagination, a few variations might include: painting/drawing, card making, fiber arts, using digital creative tools, creating/playing music, collaging, clay work, printmaking, creating a photo display, or even moving off the page with prayer postures or dancing.

# MONDAY'S JOURNAL REFLECTION LAYER

As you engage with the theme, scripture passage and the journal reflection question(s) that resonate with you, you are invited to write, draw, and/or use symbols on your chosen base material to represent your responses. As a note: This layer will be most likely be covered with the other layers to come. See the image for an example.

# WEDNESDAY'S VISUAL CREATIVE EXPRESSION LAYER

This practice invitation is to create a visual expression layer on your DIY Icon in the section of the week. Using whatever materials you choose to represent your responses to the prompts, construct a layer of visual creativity on top of your journal reflection. See the image for an example.





# HOLY WANDERING WITH PRAYER OFFERINGS

## TUESDAY & THURSDAY

Wandering is a practice of presence that invites you into curious play, wonder, and awe, while letting go of (or relaxing) your desire to direct a particular outcome.

For this open space time, gather whatever materials (if any) you want to engage with. It is helpful to set aside a certain amount of time for your practice (10-15 mins), knowing you do not have to have anything finished or resolved. This practice is simply about paying attention and being present in the process (journey) along the way.

There are different prayer offerings provided to accompany you in your Holy Wanderings.

***The Breath Prayers*** are offered in both the daily rhythms and in this practice to explore a bit deeper. As you engage with your breath, be gentle with your body and connect in ways that feel kind and connecting for you. In this type of body prayer, you are invited to consider with mind and heart the short lines offered as you breathe in (inhale) and as you breathe out (exhale).

***The Prayer Offerings*** on Thursday are from guest contributors across the Eastern North Dakota Synod, ELCA. A short bio is included with their prayers. We are grateful for their shared creativity!

As you notice what is arising in your Holy Wanderings, you are invited to creatively engage with these ponderings in whatever creative medium is connecting with you. Allow yourself to interact in an open and curious manner with your creativity, setting aside preconceived notions of what an “end product” might be. Play with your materials/practice as you dwell more deeply with the themes of this week. Ultimately, this practice is about paying attention and being present to the process (journey) along the way.

# A FEW HOLY WANDERING PRACTICE SUGGESTIONS

**Journal** about what you are noticing

**Write a letter** to something that is arising (or to God about this noticing) • Take a photo that represents your reflections

**Listen to, play, write, and/or sing a song** that resonates with your noticing • Go for a walk without a destination in mind. Move intentionally, noticing elements of nature that catch your attention. What might these earth elements be teaching/ sharing with you about what is arising?

**Create a short play** (or a scene) with your noticing as the main character figure • Create a series of body movements (a dance, prayer postures, yoga stretches, etc.) that connects with your reflections

**Play an instrument** attentive to rhythms, dynamics, texture, tones, notes, etc. that echo your noticing

**Write a poem** or short story illustrating an aspect of what is arising for you • Create a visual image of your noticing (using paints, clay/play dough, card making supplies, collage, fabric, coloring utensils, yarn, found items from nature, digital tools, etc.)

**Read a passage of a poem**, story, play, scripture that evokes a connection to your noticing

## ‘ALTER’NATIVE SPACE MAKING

### FRIDAY

For this practice, you are invited to create an ‘Alter’ space of your design, that you will have the option of adding to each week with the prompts provided. This is a simple place set apart for your devotional practice time. It can be a temporary space for the practice or remain for entire Lenten Season.

The ‘alter’ space can be set up wherever you are having your devotional time; at your kitchen table, nearby on a visible shelf, in the parking lot, or at the front of your communal gathering space.

If you want, have your creative tools nearby and/or gather any other special items that remind you of your faith journey and this season of contemplative and creative prayer.

Still unsure of what to do or how to begin? Start with placing a candle where you are engaging your devotional practice.

## SABATH KEEPING

### SATURDAY

In this practice of paying attention and whole-person presence, you are invited to simply dwell with God in sabbath rest. You can engage this practice in whatever way is connecting for you (journal, with a walk, in stillness, etc.). No specific supplies are needed.





**ALTERED BY THE SPIRIT**

Original: 16x20 mixed media & acrylic on canvas

Artist: Michelle Walka



# ABOUT THE “ALTERED BY THE SPIRIT” ICON

Accompanying your devotional practice, is a visual prayer in the form of an icon created by Michelle Walka. Icons are simply creative expressions that help us ponder our faith and life in a way beyond words. The original icon was created using acrylic paint on 16"x20" canvas with added layers of paint pour on canvas and multimedia materials. As a whole, the icon expresses the themes of “Altered by the Spirit,” inviting us into deeper reflection of how God’s Spirit continues to reveal wisdom and alter our hearts in ever more expanding ways. Echoing the DIY ICON format, each section correlates with the weekly themes as well as the themes of Ash Wednesday and Palm Sunday. In the devotional practice rhythms, you are invited to reflect on a particular section of the icon with guided prompts as well as create your own icon creative expressions (see CREATING YOUR OWN DIY ICON in the practice guide).

As our prayers often rise with sighs too deep for words, art and creativity offer an accompanying space of mystery and wonder in our practices of prayer and attuning to the Spirit.

If you would like a physical print of this icon for your devotional use, please visit [www.belovedartandpractice.com/icon-art](http://www.belovedartandpractice.com/icon-art)



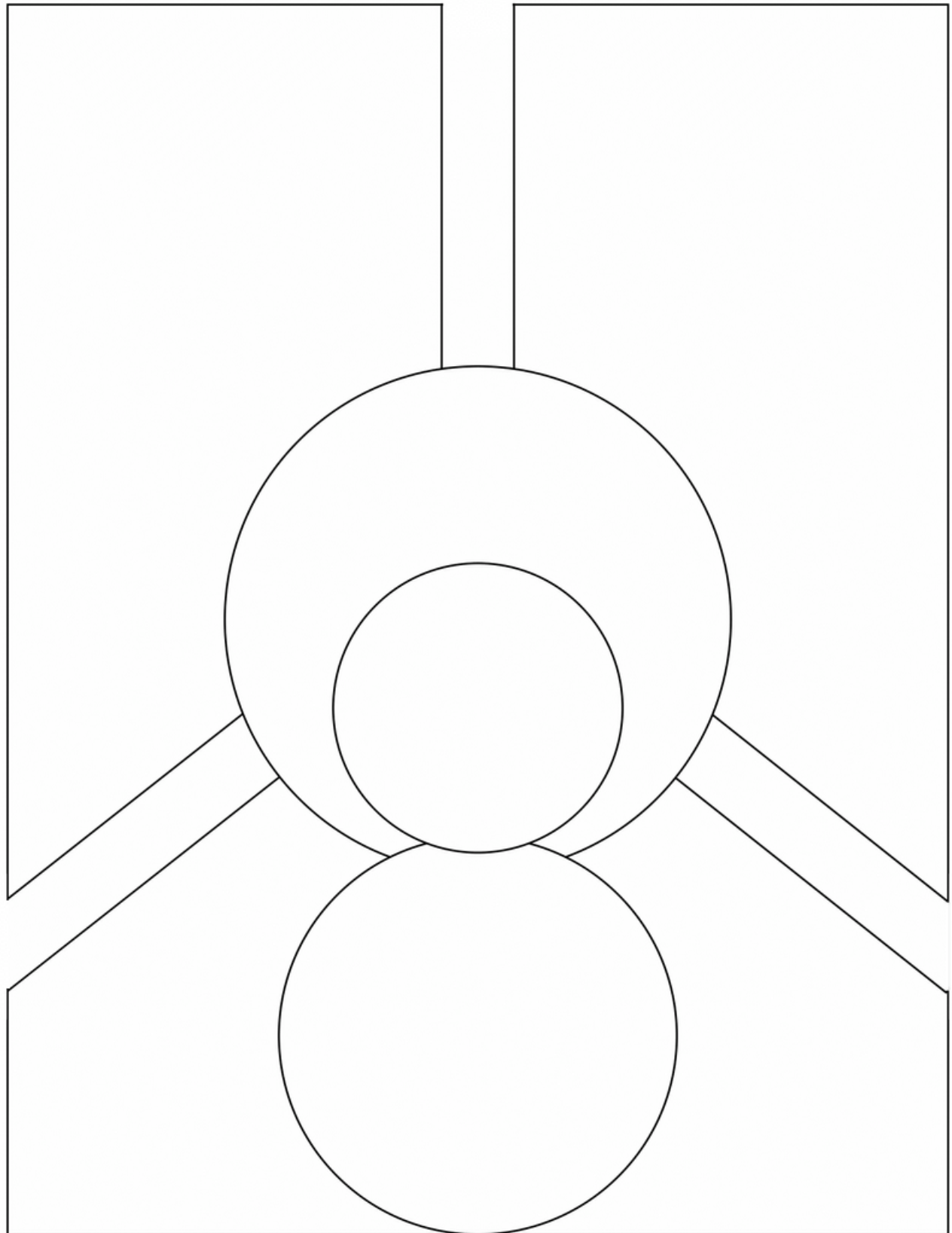
## ABOUT THE ARTIST



MICHELLE WALKA (she/her) is an artist, spiritual director and founder of Beloved Art and Practice. She is also a rostered minister of Word and Service (deacon) within the ELCA (Evangelical Lutheran Church in America). As the Director of Beloved Art and Practice, Michelle leads experiences centered in creative and contemplative prayer practices; providing space to dwell deeply with our own stories while paying attention to God’s Spirit in the midst.

Michelle enjoys lingering with a good cup of coffee and many outdoor adventures with her husband, Keith, and their pup, Rosie. For more information about the ministry of Beloved Art and Practice, visit: [www.BelovedArtandPractice.com](http://www.BelovedArtandPractice.com)

# DIY ICON WORKSHEET





# ASH WEDNESDAY

## ALTERED IN WITNESS

Ash Wednesday invites us into the sacred act of remembering and returning.

“Remember that you are dust and to dust you shall return.” Today, we are reminded of this with a bit of ashen dirt across our forehead as a visible sign of our mortality, yes, and also our connection; our connection to the earth, our connection as part of God’s whole creation, our connection to the rhythms of life and of Spirit. As we turn our hearts toward this connection, we remember and return to the One who calls us by name and who is, as the prophet proclaims, “gracious and deeply loving as a mother, quick to forgive, abundantly tender-hearted— and relents from inflicting disaster.”

As we mark this day and start our Lenten journey, you are invited into this first practice and the beginning of our devotional rhythms...

### BEGINNING

You are invited to...  
Gently pause  
Light a candle

### BREATH PRAYER

Softly connect with your body and breath...  
As you inhale: *Ashes to ashes, dust to dust*  
As you exhale: *Always we begin again*

### DWELLING WITH SCRIPTURE

Listen and wonder within these sacred texts...  
Acts 1: 6-11 (alternative text: Matthew 6:1-6, 16-21)

### PRACTICE

We remember our three invitations as we engage in this practice of creative and contemplative expression: to play, to soften, and to open...

“But know this,” says YHWH:  
“Return to me with all your heart,  
with fasting, weeping, and mourning.  
Tear open your heart,  
not your clothes!”  
Return to YHWH your God,  
who is gracious and deeply loving  
as a mother,  
quick to forgive,  
abundantly tender-hearted—  
and relents from inflicting disaster.

from Joel 2: 12-13  
(*The Inclusive Bible Translation*)

## ICON ART REFLECTION

As you look at this section of the icon, you are invited to pause and spend some time with this image:

What do you see? What do you notice?

What colors and textures are present?

How might this zoomed in section of the icon connect with the theme of “Altered in witness” and today’s sacred texts?

How does this section relate, connect, interact with the other parts of the icon?



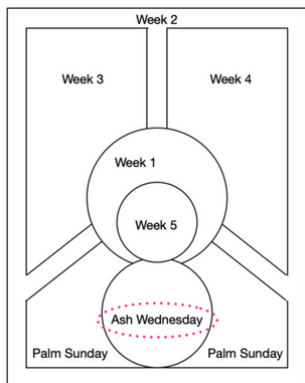
**What thoughts, feelings, and/or memories are arising for you as you dwell with this art?**

## FROM THE ARTIST

*The rituals surrounding Ash Wednesday are deeply embodied practices. We connect with our full selves, both beautiful and fragile. As I held this day in conversation with the scripture texts, it felt important to connect both the imagery of body and the mystery of God. The icon expression is of skeletal ribs in golden plant form with a flower blooming in the heart center. The grounding force of this icon invites us to dwell in the midst of our own flesh and the mystery of God made flesh. What does it mean to bear witness in flesh and bone? What does it look like to live in the reality of our human existence, while paying deeper attention to the blossoming power of the Holy Spirit’s wisdom? What must alter for life to flourish for all God’s creation? How am I part of this altering?*

# DIY ICON MAKING

## JOURNAL REFLECTION AND VISUAL CREATIVE EXPRESSION LAYERS



### JOURNAL REFLECTION LAYER

First, you are invited to dwell with a journal reflection layer on your DIY Icon in the section: Ash Wednesday. You can write, draw, and/or use symbols on your chosen base material to represent your responses. As a note: This layer will be most likely be covered with the other layers to come. *For further guidance, refer to the devotional introduction*

### JOURNAL REFLECTION PROMPTS

What am I noticing (in the theme, scripture text and/or within me)? What is catching my attention in The theme and/or scripture passage? What feelings, memories, and/or thoughts are arising? What am I finding challenging or surprising? What is connecting or repelling about today's theme and/or scripture passage? What questions or ponderings do I have? How am I being altered?

**What is my prayer for today?**

### VISUAL EXPRESSION LAYER

Then, using whatever materials you choose to represent your response, construct a layer of visual creativity on top of your journal reflection. (for further guidance, refer to the devotional introduction)

### VISUAL EXPRESSION PROMPTS

Considering your reflections from the journal layer, how would you visually represent these offerings? What might these reflections look like in color, shape, movement, texture, etc.? How might your journal offerings transform from words to image?

### CLOSING

*You are invited to...*

*Gently pause honoring your time of prayer and reflection*

*Softly connect with your body and breath*

*As you inhale: Ashes to ashes, dust to dust*

*As you exhale: Always we begin again*

*Extinguish the candle*

*Amen (and let it be so).*



# WEEK 1

ALTERED THROUGH GOD'S CREATIVITY

## SUNDAY

### BEGINNING

You are invited to...  
Gently pause  
Light a candle

### BREATH PRAYER

Softly connect with your body and breath...  
As you inhale: *Inspire creative moxie within me*  
As you exhale: *Come, Holy Spirit, come*

### DWELLING WITH SCRIPTURE

Listen and wonder within these sacred texts...  
Acts 2:1-13 (alternative text: John 3:14-21)

### PRACTICE

We remember our three invitations as we engage in this practice of creative and contemplative expression: to play, to soften, and to open...

### ICON ART REFLECTION

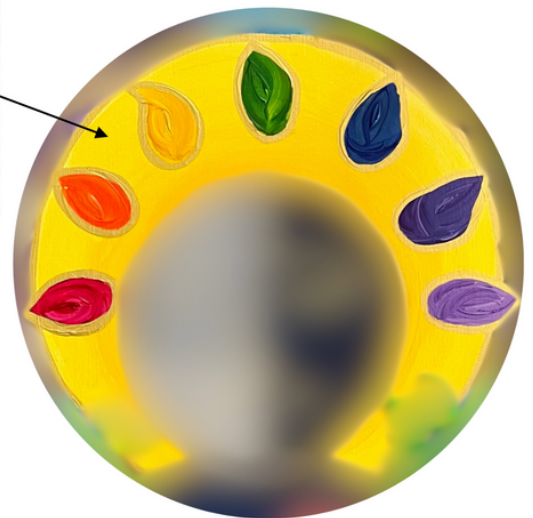
As you look at this section of the icon, you are invited to pause and spend some time with this image:

What do you see? What do you notice?

What colors and textures are present?

How might this zoomed in section of the icon connect with the theme of "Altered through God's creativity" and today's sacred texts?

How does this section relate, connect, interact with the other parts of the icon?



**What thoughts, feelings, and/or memories are arising for you as you dwell with this art?**

## FROM THE ARTIST

*As I pondered the theme and scripture passages for this week, the tongues of fire imagery caught my attention. The shapes and textures echo flames while the rainbow colors reflect the beautiful kaleidoscope of God's creation and ongoing creativity. God's transformative and creative acts are on full display in this week's narrative, revealing themselves within a profoundly expansive yet specific communal experience. I connect with the multiplicity of responses to this worldview altering event... of feeling deeply known in my own personhood and language... of feeling a sense of belonging even within the mystery... of experiencing joy and excitement as well as shock and disbelief... As the powerful and blazing Spirit enlivens us, how am I altered by God's full spectrum of liberation and love? When was the last time I was struck with awe and amazement?*

## CLOSING

*You are invited to...  
Gently pause honoring your time of prayer and reflection  
Softly connect with your body and breath  
As you inhale: Ashes to ashes, dust to dust  
As you exhale: Always we begin again  
Extinguish the candle  
Amen (and let it be so).*

# MONDAY

## BEGINNING

You are invited to...  
Gently pause  
Light a candle

## BREATH PRAYER

Softly connect with your body  
and breath...  
As you inhale:  
*Inspire creative moxie within me*  
As you exhale:  
*Come, Holy Spirit, come*

## DWELLING WITH SCRIPTURE

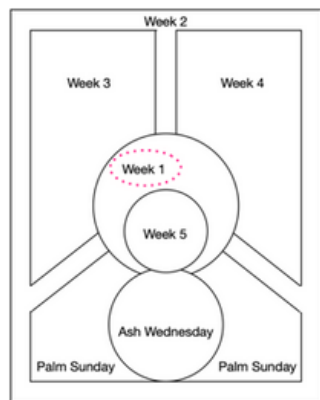
Listen and wonder within these  
sacred texts...  
Acts 2:1-13  
(alternative text: John 3:14-21)

## PRACTICE

We remember our three invitations  
as we engage in this practice of  
creative and contemplative  
expression: to play, to soften, and to  
open...

## DIY ICON: JOURNAL REFLECTION LAYER

Today's practice invitation is to dwell with a journal reflection layer on your DIY Icon in the section: Week 1. As you engage with this week's theme, scripture passage and the journal reflection question(s) that resonate with you, you are invited to write, draw, and/or use symbols on your chosen base material to represent your responses. As a note: This layer will be most likely be covered with the other layers to come. *For further guidance, refer to the devotional introduction.*



## JOURNAL REFLECTION PROMPTS

What am I noticing (in the theme, scripture text and/or within me)? What is catching my attention in the theme and/or scripture passage? What feelings, memories, and/or thoughts are arising? What am I finding challenging or surprising? What is connecting or repelling about this week's theme and/or scripture passage? What questions or ponderings do I have? How am I being altered? What is my prayer for today?

## CLOSING

You are invited to...  
*Gently pause honoring your time of prayer and reflection*  
*Softly connect with your body and breath*  
*As you inhale: Inspire creative moxie within me*  
*As you exhale: Come, Holy Spirit, come*  
*Extinguish the candle*  
*Amen (and let it be so).*



# TUESDAY

## BEGINNING

You are invited to...  
Gently pause  
Light a candle

## BREATH PRAYER

Softly connect with your body  
and breath...  
As you inhale:  
*Inspire creative moxie within me*  
As you exhale:  
*Come, Holy Spirit, come*

## DWELLING WITH SCRIPTURE

Listen and wonder within these  
sacred texts...  
Acts 2:1-13  
(alternative text: John 3:14-21)

## PRACTICE

We remember our three invitations  
as we engage in this practice of  
creative and contemplative  
expression: to play, to soften, and to  
open...

# HOLY WANDERING WITH BREATH PRAYER

For today's practice, you are invited into a time of holy wandering with this week's breath prayer. This practice of presence invites you into curious play, wonder, and awe, while letting go of (or relaxing) your desire to direct a particular outcome. For this open space time, gather whatever materials (if any) you want to engage with. It is helpful to set aside a certain amount of time for your practice (10-15 mins), knowing you do not have to have anything finished or resolved. This practice is simply about paying attention and being present in the process (journey) along the way. (for further guidance and holy wandering possibilities, refer to the devotional introduction)

## BREATH PRAYER

Softly connect with your body and breath...  
As you inhale: *Inspire creative moxie within me*  
As you exhale: *Come, Holy Spirit, come*

## CLOSING

You are invited to...  
Gently pause honoring your time of prayer and reflection  
Softly connect with your body and breath  
As you inhale: *Inspire creative moxie within me*  
As you exhale: *Come, Holy Spirit, come*  
Extinguish the candle  
Amen (and let it be so).

# WEDNESDAY

## BEGINNING

You are invited to...  
Gently pause  
Light a candle

## BREATH PRAYER

Softly connect with your body  
and breath...  
As you inhale:  
*Inspire creative moxie within me*  
As you exhale:  
*Come, Holy Spirit, come*

## DWELLING WITH SCRIPTURE

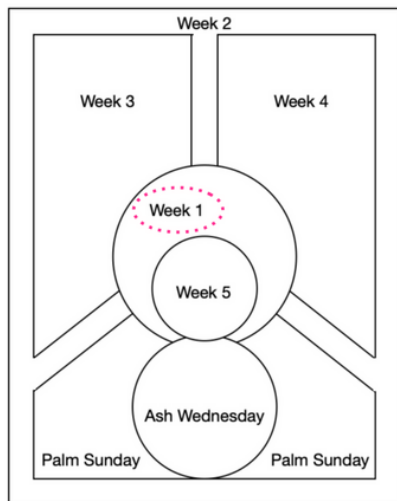
Listen and wonder within these  
sacred texts...  
Acts 2:1-13  
(alternative text: John 3:14-21)

## PRACTICE

We remember our three invitations  
as we engage in this practice of  
creative and contemplative  
expression: to play, to soften, and to  
open...

# DIY ICON MAKING

## VISUAL CREATIVE EXPRESSION LAYER



Today's practice invitation is to create a visual expression layer on your DIY Icon in the section: Week 1. Using whatever materials you choose to represent your response, construct a layer of visual creativity on top of your journal reflection. (for further guidance, refer to the devotional introduction)

## VISUAL EXPRESSION PROMPTS

Considering your reflections from Monday's journal layer, how would you visually represent these offerings? What might these reflections look like in color, shape, movement, texture, etc.? How might your journal offerings transform from words to image?

## CLOSING

You are invited to...  
*Gently pause honoring your time of prayer and reflection*  
*Softly connect with your body and breath*  
As you inhale:  
*Inspire creative moxie within me*  
As you exhale:  
*Come, Holy Spirit, come*  
*Extinguish the candle*  
*Amen (and let it be so).*

# THURSDAY

## BEGINNING

You are invited to...  
Gently pause  
Light a candle

## BREATH PRAYER

Softly connect with your body  
and breath...  
As you inhale:  
*Inspire creative moxie within me*  
As you exhale:  
*Come, Holy Spirit, come*

## DWELLING WITH SCRIPTURE

Listen and wonder within these  
sacred texts...  
Acts 2:1-13  
(alternative text: John 3:14-21)

## PRACTICE

We remember our three invitations  
as we engage in this practice of  
creative and contemplative  
expression: to play, to soften, and to  
open...

## HOLY WANDERING WITH PRAYER OFFERING

For this practice, you are invited into a time of holy wandering alongside a prayer offering created by \*Pastor Jessica Miller and youth, Jenny Miller. As a reminder, holy wandering is a practice of presence inviting you into curiosity, wonder, and awe, while letting go of (or relaxing) your desire to direct a particular outcome. (for further guidance on holy wandering, refer to the devotional introduction)

### PRAYER OFFERING



Amplifier of hushed and  
misunderstood voices,  
Speak now.  
Through us.  
All in our own languages.  
Help us hear,  
and tell  
and yell  
and sing  
and live  
your story.

*\*Prayer written by: Rev. Jessica Miller and Prayer art by: Jenny Miller, of The Neighborhood Church, Fargo, ND, where God's symphony of voices are celebrated and we stand in awe of work of the Holy Spirit.*

## CLOSING

You are invited to... Gently pause honoring your time of prayer and reflection, Extinguish the candle, Amen (and let it be so).



# FRIDAY

## BEGINNING

You are invited to...

Gently pause

Light a candle

## BREATH PRAYER

Softly connect with your body  
and breath...

As you inhale:

*Inspire creative moxie within me*

As you exhale:

*Come, Holy Spirit, come*

## DWELLING WITH SCRIPTURE

Listen and wonder within these  
sacred texts...

Acts 2:1-13

(alternative text: John 3:14-21)

## PRACTICE

We remember our three invitations  
as we engage in this practice of  
creative and contemplative  
expression: to play, to soften, and to  
open...

## 'ALTER'NATIVE SPACE MAKING

As you have been engaging with the contemplative and creative  
practices for this week, you are invited to consider what you have  
noticed and learned through your ponderings.

**What has altered or transformed for you this week? What  
do you hope to remember from this time? What will you  
hold close to your heart? What wisdom will accompany you  
forward?**

In considering these questions, what is something tangible that  
could represent your response? Maybe it is one of your creative  
expressions, a found paperclip, a special reading, or a leaf you found  
on a walk. Gather this item and place it by your candle or other  
special place you have designated for this practice. If gathering an  
item isn't possible, draw or write your response instead. (for further  
guidance, refer to the devotional introduction).

## CLOSING

You are invited to...

*Gently pause honoring your time of prayer and reflection*

*Softly connect with your body and breath*

*As you inhale: Inspire creative moxie within me*

*As you exhale: Come, Holy Spirit, come*

*Extinguish the candle*

*Amen (and let it be so).*

# SATURDAY

## BEGINNING

You are invited to...  
Gently pause  
Light a candle

## BREATH PRAYER

Softly connect with your body  
and breath...  
As you inhale:  
*Inspire creative moxie within me*  
As you exhale:  
*Come, Holy Spirit, come*

## DWELLING WITH SCRIPTURE

Listen and wonder within these  
sacred texts...  
Acts 2:1-13  
(alternative text: John 3:14-21)

## PRACTICE

We remember our three invitations  
as we engage in this practice of  
creative and contemplative  
expression: to play, to soften, and to  
open...

# SABBATH KEEPING

*"God looked at all of this creation, and proclaimed that this was good—very good. Evening came, and morning followed—the sixth day. Thus the heavens and the earth and all their arra were completed. On the seventh day God had finished all the work of creation, and so, on that seventh day, God rested. God blessed the seventh day and called it sacred, because on it God rested from all the work of creation."*

*-Genesis 1:31-2:3, The Inclusive Bible Translation*

In this practice of paying attention and whole-person presence, you are invited to simply dwell with God in sabbath rest. Today's practice is about receiving; to pause in your reflective actions and creative expressions to just be. An option of practice is to find a comfortable and connecting body position and be in silence/stillness for as long as you desire (being attentive to your breath, easing any tension in your body, holding loosely to thoughts, emotions, memories that arise...). Beloved, God is with you on the journey and in your rest.

**Deep peace of the quiet earth to you,  
who, herself unmoving, harbors the movements  
and facilitates the life of the ten thousand creatures,  
while resting contented, stable, tranquil.**

**Deep peace of the quiet earth to you!**

**- A Traditional Celtic Prayer**

## CLOSING

*You are invited to...  
Gently pause honoring your time of prayer and reflection  
Softly connect with your body and breath  
As you inhale: Inspire creative moxie within me  
As you exhale: Come, Holy Spirit, come  
Extinguish the candle  
Amen (and let it be so).*

# WEEK 2

## ALTERED ON THE EDGE OF BELONGING

### SUNDAY

#### BEGINNING

You are invited to...  
Gently pause  
Light a candle

#### BREATH PRAYER

Softly connect with your body and breath...  
As you inhale: *Expand my edges of love*  
As you exhale: *Guide me through life-giving waters*

#### DWELLING WITH SCRIPTURE

Listen and wonder within these sacred texts...  
Acts 8:26-40 (alternative text: Mark 1:9-15)

#### PRACTICE

We remember our three invitations as we engage in this practice of creative and contemplative expression: to play, to soften, and to open...

#### ICON ART REFLECTION

As you look at this section of the icon, you are invited to pause and spend some time with this image:



What do you see? What do you notice?

What colors and textures are present?

How might this zoomed in section of the icon connect with the theme of “Altered on the edge of belonging” and today’s sacred texts?

How does this section relate, connect, interact with the other parts of the icon?



**What thoughts, feelings, and/or memories are arising for you as you dwell with this art?**



## FROM THE ARTIST

*I was inspired by the edges of this week's theme and decided to paint the edges of the canvas and the section dividers with shades of blues in forms of waves and water splashes. "Look, here is water!" we observe in the text "What can get in the way?" My first reaction to this question was "Well... a lot!" As I reflect on our baptismal promises offered and affirmed within faith communities, I wonder how much space we give to this question and to our response, both as individuals and communally. What might be altered in our lives when we address what creates edges and margins and us vs. them's? How might these edgy Spirit waters transform us in collective flourishing and care?*

## CLOSING

*You are invited to...  
Gently pause honoring your time of prayer and reflection  
Softly connect with your body and breath  
As you inhale: Expand my edges of love  
As you exhale: Guide me through life-giving waters  
Extinguish the candle  
Amen (and let it be so).*

# MONDAY

## BEGINNING

You are invited to...  
Gently pause  
Light a candle

## BREATH PRAYER

Softly connect with your body  
and breath...  
As you inhale:  
*Expand my edges of love*  
As you exhale:  
*Guide me through life-giving  
waters*

## DWELLING WITH SCRIPTURE

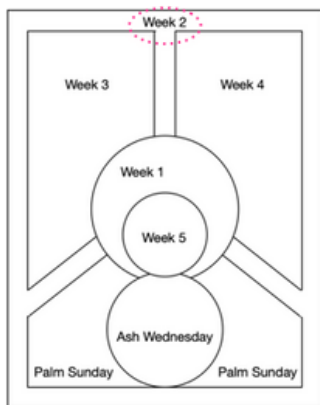
Listen and wonder within these  
sacred texts...  
Acts 8:26-40  
(alternative text: Mark 1:9-15)

## PRACTICE

We remember our three invitations  
as we engage in this practice of  
creative and contemplative  
expression: to play, to soften, and to  
open...

## DIY ICON: JOURNAL REFLECTION LAYER

Today's practice invitation is to dwell with a journal reflection layer on your DIY Icon in the section: Week 2. As you engage with this week's theme, scripture passage and the journal reflection question(s) that resonate with you, you are invited to write, draw, and/or use symbols on your chosen base material to represent your responses. As a note: This layer will be most likely be covered with the other layers to come. (for further guidance, refer to the devotional introduction)



## JOURNAL REFLECTION PROMPTS

What am I noticing (in the theme, scripture text and/or within me)? What is catching my attention in the theme and/or scripture passage? What feelings, memories, and/or thoughts are arising? What am I finding challenging or surprising? What is connecting or repelling about this week's theme and/or scripture passage? What questions or ponderings do I have? How am I being altered? What is my prayer for today?

## CLOSING

*You are invited to...  
Gently pause honoring your time of prayer and reflection  
Softly connect with your body and breath  
As you inhale: Expand my edges of love  
As you exhale: Guide me through life-giving waters  
Extinguish the candle  
Amen (and let it be so).*

# TUESDAY

## BEGINNING

You are invited to...  
Gently pause  
Light a candle

## BREATH PRAYER

Softly connect with your body  
and breath...  
As you inhale:  
*Expand my edges of love*  
As you exhale:  
*Guide me through life-giving  
waters*

## DWELLING WITH SCRIPTURE

Listen and wonder within these  
sacred texts...  
Acts 8:26-40  
(alternative text: Mark 1:9-15)

## PRACTICE

We remember our three invitations  
as we engage in this practice of  
creative and contemplative  
expression: to play, to soften, and to  
open...

# HOLY WANDERING WITH BREATH PRAYER

For today's practice, you are invited into a time of holy wandering with this week's breath prayer. This practice of presence invites you into curious play, wonder, and awe, while letting go of (or relaxing) your desire to direct a particular outcome. For this open space time, gather whatever materials (if any) you want to engage with. It is helpful to set aside a certain amount of time for your practice (10-15 mins), knowing you do not have to have anything finished or resolved. This practice is simply about paying attention and being present in the process (journey) along the way. (for further guidance and holy wandering possibilities, refer to the devotional introduction)

## BREATH PRAYER

Softly connect with your body and breath...  
As you inhale: Expand my edges of love  
As you exhale: Guide me through life-giving waters

## CLOSING

*Gently pause honoring your time of prayer and reflection*  
*Softly connect with your body and breath*  
*As you inhale: Expand my edges of love*  
*As you exhale: Guide me through life-giving waters*  
*Extinguish the candle*  
*Amen (and let it be so).*



# WEDNESDAY

## BEGINNING

You are invited to...  
Gently pause  
Light a candle

## BREATH PRAYER

Softly connect with your body  
and breath...  
As you inhale:  
*Expand my edges of love*  
As you exhale:  
*Guide me through life-giving  
waters*

## DWELLING WITH SCRIPTURE

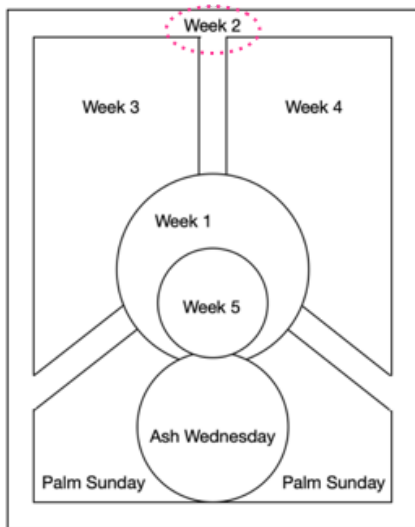
Listen and wonder within these  
sacred texts...  
Acts 8:26-40  
(alternative text: Mark 1:9-15)

## PRACTICE

We remember our three invitations  
as we engage in this practice of  
creative and contemplative  
expression: to play, to soften, and to  
open...

# DIY ICON MAKING

## VISUAL CREATIVE EXPRESSION LAYER



Today's practice invitation is to create a visual expression layer on your DIY Icon in the section: Week 2. Using whatever materials you choose to represent your response, construct a layer of visual creativity on top of your journal reflection. (for further guidance, refer to the devotional introduction)

## VISUAL EXPRESSION PROMPTS

Considering your reflections from Monday's journal layer, how would you visually represent these offerings? What might these reflections look like in color, shape, movement, texture, etc.? How might your journal offerings transform from words to image?

## CLOSING

You are invited to...  
*Gently pause honoring your time of prayer and reflection*  
*Softly connect with your body and breath*  
As you inhale: *Expand my edges of love*  
As you exhale: *Guide me through life-giving waters*  
*Extinguish the candle*  
*Amen (and let it be so).*

# THURSDAY

## BEGINNING

You are invited to...  
Gently pause  
Light a candle

## BREATH PRAYER

Softly connect with your body  
and breath...  
As you inhale:  
*Expand my edges of love*  
As you exhale:  
*Guide me through life-giving  
waters*

## DWELLING WITH SCRIPTURE

Listen and wonder within these  
sacred texts...  
Acts 8:26-40  
(alternative text: Mark 1:9-15)

## PRACTICE

We remember our three invitations  
as we engage in this practice of  
creative and contemplative  
expression: to play, to soften, and to  
open...

## HOLY WANDERING WITH PRAYER OFFERING

For this practice, you are invited into a time of holy wandering alongside a prayer offering created by \*Pastor Larry Thiele. As a reminder, holy wandering is a practice of presence inviting you into curiosity, wonder, and awe, while letting go of (or relaxing) your desire to direct a particular outcome.

### PRAYER OFFERING

*The eunuch said, "Look, here is water. What can stand in the way of my being baptized?" Philip said, "If you believe with all your heart, you may." The eunuch answered, "I believe that Jesus Christ is the Son of God." -Acts 8:36-37*

Among the American Indian people, the Church placed many conditions upon our people. In order to be Christian we first had to "civilized." I am grateful that Jesus placed no pre-existing conditions upon salvation other than believing that "Jesus is the Son of God."

**Prayer:** Creator God, we give you thanks and praise for sending your Son, our Savior Jesus, into the world for the forgiveness of sin. With no pre-existing conditions, just that we believe and follow. That we may come before you just as we are. If there is anything we need to set aside you will reveal and help us to do so, that we may become the person you created us to be. Amen.

*\*My name is Larry Thiele, pastor of Dacotah Oyate Lutheran church on the Spirit Lake Nation. I am an enrolled member of the Sisseton Wahpeton Oyate of the Lake Traverse reservation in NE South Dakota.*

## CLOSING

*You are invited to... Gently pause honoring your time of prayer and reflection, Extinguish the candle, Amen (and let it be so).*

# FRIDAY

## BEGINNING

You are invited to...

Gently pause

Light a candle

## BREATH PRAYER

Softly connect with your body and breath...

As you inhale:

*Expand my edges of love*

As you exhale:

*Guide me through life-giving waters*

## DWELLING WITH SCRIPTURE

Listen and wonder within these sacred texts...

Acts 8:26-40

(alternative text: Mark 1:9-15)

## PRACTICE

We remember our three invitations as we engage in this practice of creative and contemplative expression: to play, to soften, and to open...

## ‘ALTER’NATIVE SPACE MAKING

As you have been engaging with the contemplative and creative practices for this week, you are invited to consider what you have noticed and learned through your ponderings.

**What has altered or transformed for you this week? What do you hope to remember from this time? What will you hold close to your heart? What wisdom will accompany you forward?**

In considering these questions, what is something tangible that could represent your response? Maybe it is one of your creative expressions, a found paperclip, a special reading, or a leaf you found on a walk. Gather this item and place it by your candle or other special place you have designated for this practice. If gathering an item isn't possible, draw or write your response instead. (for further guidance, refer to the devotional introduction).

## CLOSING

You are invited to...

*Gently pause honoring your time of prayer and reflection*

*Softly connect with your body and breath*

*As you inhale: Inspire creative moxie within me*

*As you exhale: Come, Holy Spirit, come*

*Extinguish the candle*

*Amen (and let it be so).*

# SATURDAY

## BEGINNING

You are invited to...  
Gently pause  
Light a candle

## BREATH PRAYER

Softly connect with your body  
and breath...  
As you inhale:  
*Expand my edges of love*  
As you exhale:  
*Guide me through life-giving  
waters*

## DWELLING WITH SCRIPTURE

Listen and wonder within these  
sacred texts...  
Acts 8:26-40  
(alternative text: Mark 1:9-15)

## PRACTICE

We remember our three invitations  
as we engage in this practice of  
creative and contemplative  
expression: to play, to soften, and to  
open...

# SABBATH KEEPING

*"God looked at all of this creation, and proclaimed that this was good—very good. Evening came, and morning followed—the sixth day. Thus the heavens and the earth and all their array were completed. On the seventh day God had finished all the work of creation, and so, on that seventh day, God rested. God blessed the seventh day and called it sacred, because on it God rested from all the work of creation."*

*-Genesis 1:31-2:3, The Inclusive Bible Translation*

In this practice of paying attention and whole-person presence, you are invited to simply dwell with God in sabbath rest. Today's practice is about receiving; to pause in your reflective actions and creative expressions to just be. An option of practice is to find a comfortable and connecting body position and be in silence/stillness for as long as you desire (being attentive to your breath, easing any tension in your body, holding loosely to thoughts, emotions, memories that arise...). Beloved, God is with you on the journey and in your rest.

**Deep peace of the quiet earth to you,  
who, herself unmoving, harbors the movements  
and facilitates the life of the ten thousand creatures,  
while resting contented, stable, tranquil.**

**Deep peace of the quiet earth to you!**

**- A Traditional Celtic Prayer**

## CLOSING

*You are invited to...  
Gently pause honoring your time of prayer and reflection  
Softly connect with your body and breath  
As you inhale: Expand my edges of love  
As you exhale: Guide me through life-giving waters  
Extinguish the candle  
Amen (and let it be so).*



# WEEK 3

## ALTERED ALONGSIDE OUR ENEMIES

### SUNDAY

#### BEGINNING

You are invited to...  
Gently pause  
Light a candle

#### BREATH PRAYER

Softly connect with your body and breath...  
As you inhale: *Interrupt my death-dealing perceptions*  
As you exhale: *Transform my heart for justice and love*

#### DWELLING WITH SCRIPTURE

Listen and wonder within these sacred texts...  
Acts 9:1-22 (alternative text: John 12: 20-33)

#### PRACTICE

We remember our three invitations as we engage in this practice of creative and contemplative expression: to play, to soften, and to open...

#### ICON ART REFLECTION

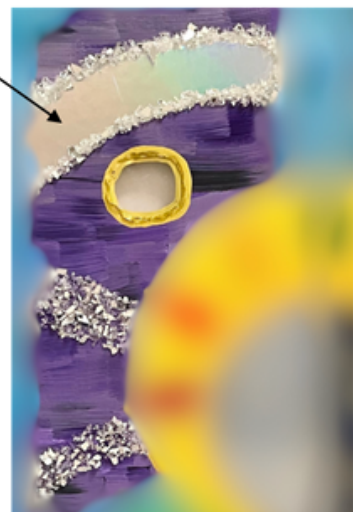
As you look at this section of the icon, you are invited to pause and spend some time with this image:

What do you see? What do you notice?

What colors and textures are present?

How might this zoomed in section of the icon connect with the theme of "Altered alongside our enemies" and today's sacred texts?

How does this section relate, connect, interact with the other parts of the icon?



**What thoughts, feelings, and/or memories are arising for you as you dwell with this art?**

## **FROM THE ARTIST**

*In this section, I decided to use both reflective and transparent materials to express shifts in our perspective, both inward and outward. The arches invite a sense of movement into sacred journey, illustrating lines of a larger prayer labyrinth design shape. The deep purples offer contrast and space for contemplation in the midst of the other materials. As we encounter ourselves and one another along the way, how are we being altered in our assumptions, in our narratives, and in our behavior norms? What do experience differently because of a shared experience with another being? When does fear and hate transform and release enough to allow for something life giving to emerge?*

## **CLOSING**

*You are invited to...  
Gently pause honoring your time of prayer and reflection  
Softly connect with your body and breath  
As you inhale: Interrupt my death-dealing perceptions  
As you exhale: Transform my heart for justice and love  
Extinguish the candle  
Amen (and let it be so).*

# MONDAY

## BEGINNING

You are invited to...

Gently pause

Light a candle

## BREATH PRAYER

Softly connect with your body  
and breath...

As you inhale:

*Interrupt my death-dealing  
perceptions*

As you exhale:

*Transform my heart for justice  
and love*

## DWELLING WITH SCRIPTURE

Listen and wonder within these  
sacred texts...

Acts 9:1-22

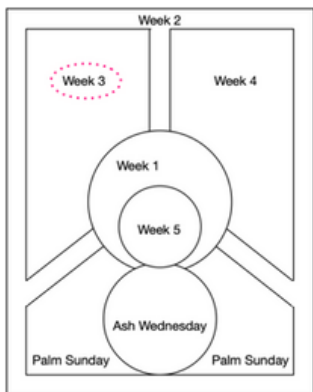
(alternative text: John 12: 20-33)

## PRACTICE

We remember our three invitations  
as we engage in this practice of  
creative and contemplative  
expression: to play, to soften, and to  
open...

## DIY ICON: JOURNAL REFLECTION LAYER

Today's practice invitation is to dwell with a journal reflection layer on your DIY Icon in the section: Week 3. As you engage with this week's theme, scripture passage and the journal reflection question(s) that resonate with you, you are invited to write, draw, and/or use symbols on your chosen base material to represent your responses. As a note: This layer will be most likely be covered with the other layers to come. (for further guidance, refer to the devotional introduction)



## JOURNAL REFLECTION PROMPTS

What am I noticing (in the theme, scripture text and/or within me)? What is catching my attention in the theme and/or scripture passage? What feelings, memories, and/or thoughts are arising? What am I finding challenging or surprising? What is connecting or repelling about this week's theme and/or scripture passage? What questions or ponderings do I have? How am I being altered? What is my prayer for today?

## CLOSING

*You are invited to...*

*Gently pause honoring your time of prayer and reflection*

*Softly connect with your body and breath*

*As you inhale: Interrupt my death-dealing perceptions*

*As you exhale: Transform my heart for justice and love*

*Extinguish the candle*

*Amen (and let it be so).*

# TUESDAY

## BEGINNING

You are invited to...

Gently pause

Light a candle

## BREATH PRAYER

Softly connect with your body and breath...

As you inhale:

*Interrupt my death-dealing perceptions*

As you exhale:

*Transform my heart for justice and love*

## DWELLING WITH SCRIPTURE

Listen and wonder within these sacred texts...

Acts 9:1-22

(alternative text: John 12: 20-33)

## PRACTICE

We remember our three invitations as we engage in this practice of creative and contemplative expression: to play, to soften, and to open...

# HOLY WANDERING WITH BREATH PRAYER

For today's practice, you are invited into a time of holy wandering with this week's breath prayer. This practice of presence invites you into curious play, wonder, and awe, while letting go of (or relaxing) your desire to direct a particular outcome. For this open space time, gather whatever materials (if any) you want to engage with. It is helpful to set aside a certain amount of time for your practice (10-15 mins), knowing you do not have to have anything finished or resolved. This practice is simply about paying attention and being present in the process (journey) along the way. (for further guidance and holy wandering possibilities, refer to the devotional introduction)

## BREATH PRAYER

Softly connect with your body and breath...

As you inhale: *Interrupt my death-dealing perceptions*

As you exhale: *Transform my heart for justice and love*

## CLOSING

You are invited to...

*Gently pause honoring your time of prayer and reflection*

*Softly connect with your body and breath*

As you inhale: *Interrupt my death-dealing perceptions*

As you exhale: *Transform my heart for justice and love*

*Extinguish the candle*

*Amen (and let it be so).*



# WEDNESDAY

## BEGINNING

You are invited to...  
Gently pause  
Light a candle

## BREATH PRAYER

Softly connect with your body  
and breath...  
As you inhale:  
*Interrupt my death-dealing  
perceptions*  
As you exhale:  
*Transform my heart for justice  
and love*

## DWELLING WITH SCRIPTURE

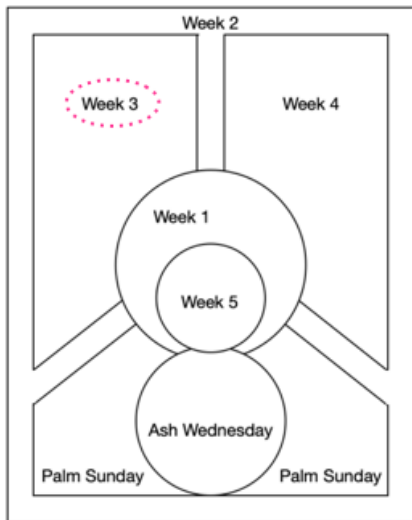
Listen and wonder within these  
sacred texts...  
Acts 9:1-22  
(alternative text: John 12: 20-33)

## PRACTICE

We remember our three invitations  
as we engage in this practice of  
creative and contemplative  
expression: to play, to soften, and to  
open...

# DIY ICON MAKING

## VISUAL CREATIVE EXPRESSION LAYER



Today's practice invitation is to create a visual expression layer on your DIY Icon in the section: Week 3. Using whatever materials you choose to represent your response, construct a layer of visual creativity on top of your journal reflection. (for further guidance, refer to the devotional introduction)

## VISUAL EXPRESSION PROMPTS

Considering your reflections from Monday's journal layer, how would you visually represent these offerings? What might these reflections look like in color, shape, movement, texture, etc.? How might your journal offerings transform from words to image?

## CLOSING

You are invited to...  
Gently pause honoring your time of prayer and reflection  
Softly connect with your body and breath  
As you inhale: *Interrupt my death-dealing perceptions*  
As you exhale: *Transform my heart for justice and love*  
Extinguish the candle  
Amen (and let it be so).

# THURSDAY

## BEGINNING

You are invited to...  
Gently pause  
Light a candle

## BREATH PRAYER

Softly connect with your body  
and breath...  
As you inhale:  
*Interrupt my death-dealing  
perceptions*  
As you exhale:  
*Transform my heart for justice  
and love*

## DWELLING WITH SCRIPTURE

Listen and wonder within these  
sacred texts...  
Acts 9:1-22  
(alternative text: John 12: 20-33)

## PRACTICE

We remember our three invitations  
as we engage in this practice of  
creative and contemplative  
expression: to play, to soften, and to  
open...

## HOLY WANDERING WITH PRAYER OFFERING

For this practice, you are invited into a time of holy wandering alongside a prayer offering created by \*Pastor Micah Louwagie. As a reminder, holy wandering is a practice of presence inviting you into curiosity, wonder, and awe, while letting go of (or relaxing) your desire to direct a particular outcome. (for further guidance on holy wandering, refer to the devotional introduction)

### PRAYER OFFERING



Much like the hawk, those  
we would name as enemies  
often fight for the same  
resources we do. To be  
altered alongside our  
enemies is not to fight to  
the death, but to fight for  
our lives.

\*Micah (he/they) is the pastor at St. Mark's Lutheran Church in Fargo.

## CLOSING

You are invited to... Gently pause honoring your time of prayer and reflection, Extinguish the candle, Amen (and let it be so).

# FRIDAY

## BEGINNING

You are invited to...  
Gently pause  
Light a candle

## BREATH PRAYER

Softly connect with your body  
and breath...  
As you inhale:  
*Interrupt my death-dealing  
perceptions*  
As you exhale:  
*Transform my heart for justice  
and love*

## DWELLING WITH SCRIPTURE

Listen and wonder within these  
sacred texts...  
Acts 9:1-22  
(alternative text: John 12: 20-33)

## PRACTICE

We remember our three invitations  
as we engage in this practice of  
creative and contemplative  
expression: to play, to soften, and to  
open...

## ‘ALTER’NATIVE SPACE MAKING

As you have been engaging with the contemplative and creative  
practices for this week, you are invited to consider what you have  
noticed and learned through your ponderings.

**What has altered or transformed for you this week? What  
do you hope to remember from this time? What will you  
hold close to your heart? What wisdom will accompany you  
forward?**

In considering these questions, what is something tangible that  
could represent your response? Maybe it is one of your creative  
expressions, a found paperclip, a special reading, or a leaf you found  
on a walk. Gather this item and place it by your candle or other  
special place you have designated for this practice. If gathering an  
item isn't possible, draw or write your response instead. (for further  
guidance, refer to the devotional introduction)

## CLOSING

You are invited to...  
*Gently pause honoring your time of prayer and reflection*  
*Softly connect with your body and breath*  
*As you inhale: Interrupt my death-dealing perceptions*  
*As you exhale: Transform my heart for justice and love*  
*Extinguish the candle*  
*Amen (and let it be so).*

# SATURDAY

## BEGINNING

You are invited to...

Gently pause

Light a candle

## BREATH PRAYER

Softly connect with your body  
and breath...

As you inhale:

*Interrupt my death-dealing  
perceptions*

As you exhale:

*Transform my heart for justice  
and love*

## DWELLING WITH SCRIPTURE

Listen and wonder within these  
sacred texts...

Acts 9:1-22

(alternative text: John 12: 20-33)

## PRACTICE

We remember our three invitations  
as we engage in this practice of  
creative and contemplative  
expression: to play, to soften, and to  
open...

# SABBATH KEEPING

*"God looked at all of this creation, and proclaimed that this was good—very good. Evening came, and morning followed—the sixth day. Thus the heavens and the earth and all their array were completed. On the seventh day God had finished all the work of creation, and so, on that seventh day, God rested. God blessed the seventh day and called it sacred, because on it God rested from all the work of creation."*

*-Genesis 1:31-2:3, The Inclusive Bible Translation*

In this practice of paying attention and whole-person presence, you are invited to simply dwell with God in sabbath rest. Today's practice is about receiving; to pause in your reflective actions and creative expressions to just be. An option of practice is to find a comfortable and connecting body position and be in silence/stillness for as long as you desire (being attentive to your breath, easing any tension in your body, holding loosely to thoughts, emotions, memories that arise...). Beloved, God is with you on the journey and in your rest.

**Deep peace of the quiet earth to you,  
who, herself unmoving, harbors the movements  
and facilitates the life of the ten thousand creatures,  
while resting contented, stable, tranquil.**

**Deep peace of the quiet earth to you!**

**- A Traditional Celtic Prayer**

## CLOSING

You are invited to...

*Gently pause honoring your time of prayer and reflection*

*Softly connect with your body and breath*

*As you inhale: Interrupt my death-dealing perceptions*

*As you exhale: Transform my heart for justice and love*

*Extinguish the candle*

*Amen (and let it be so).*



# WEEK 4

ALTERED BY DISRUPTION

## SUNDAY

### BEGINNING

You are invited to...  
Gently pause  
Light a candle

### BREATH PRAYER

Softly connect with your body and breath...  
As you inhale: *Disrupt the lines I've drawn*  
As you exhale: *Fill my hunger and release my fears*

### DWELLING WITH SCRIPTURE

Listen and wonder within these sacred texts...  
Acts 10:1-16, 34-35, 44-47 (alternative text: John 2:13-22)

### PRACTICE

We remember our three invitations as we engage in this practice of creative and contemplative expression: to play, to soften, and to open...

### ICON ART REFLECTION

As you look at this section of the icon, you are invited to pause and spend some time with this image:

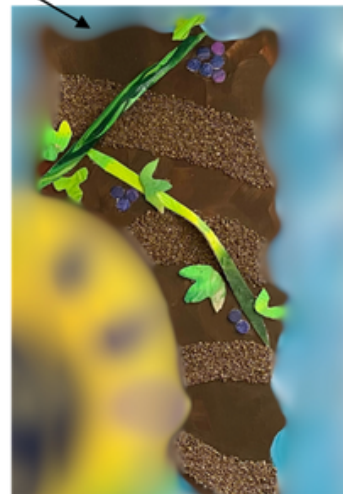


What do you see? What do you notice?

What colors and textures are present?

How might this zoomed in section of the icon connect with the theme of "Altered by disruption" and today's sacred texts?

How does this section relate, connect, interact with the other parts of the icon?



**What thoughts, feelings, and/or memories are arising for you as you dwell with this art?**

## FROM THE ARTIST

*Much like the previous week's section, the line shapes of a prayer labyrinth were used to facilitate movement in the piece. As I reflected on the theme and scripture passages for this week, imagery of hunger and prayer came to mind. The materials used for the pathway represent grain as a way to express hunger, bodily and otherwise. The paint pour grape vines disrupt the flow and lines of the prayer pathway, but as a companion not destructor. What is altered in this interaction between materials? How do I experience things differently in the piece because of this intersecting movement? Both materials, the grain and grapes, allude to a sacred meal shared together disrupting the boundaries of our collective hunger and deepest longings.*

## CLOSING

*You are invited to...*

*Gently pause honoring your time of prayer and reflection*

*Softly connect with your body and breath*

*As you inhale: Disrupt the lines I've drawn*

*As you exhale: Fill my hunger and release my fears*

*Extinguish the candle*

*Amen (and let it be so).*

# MONDAY

## BEGINNING

You are invited to...  
Gently pause  
Light a candle

## BREATH PRAYER

Softly connect with your body  
and breath...  
As you inhale:  
*Disrupt the lines I've drawn*  
As you exhale:  
*Fill my hunger and release my  
fears*

## DWELLING WITH SCRIPTURE

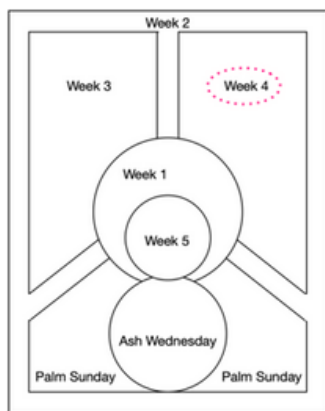
Listen and wonder within these  
sacred texts...  
Acts 10:1-16, 34-35, 44-47  
(alternative text: John 2:13-22)

## PRACTICE

We remember our three invitations  
as we engage in this practice of  
creative and contemplative  
expression: to play, to soften, and to  
open...

## DIY ICON: JOURNAL REFLECTION LAYER

Today's practice invitation is to dwell with a journal reflection layer on your DIY Icon in the section: Week 4. As you engage with this week's theme, scripture passage and the journal reflection question(s) that resonate with you, you are invited to write, draw, and/or use symbols on your chosen base material to represent your responses. As a note: This layer will be most likely be covered with the other layers to come. (for further guidance, refer to the devotional introduction)



## JOURNAL REFLECTION PROMPTS

What am I noticing (in the theme, scripture text and/or within me)? What is catching my attention in the theme and/or scripture passage? What feelings, memories, and/or thoughts are arising? What am I finding challenging or surprising? What is connecting or repelling about this week's theme and/or scripture passage? What questions or ponderings do I have? How am I being altered? What is my prayer for today?

## CLOSING

You are invited to...  
*Gently pause honoring your time of prayer and reflection*  
*Softly connect with your body and breath*  
*As you inhale: Disrupt the lines I've drawn*  
*As you exhale: Fill my hunger and release my fears*  
*Extinguish the candle*  
*Amen (and let it be so).*

# TUESDAY

## BEGINNING

You are invited to...  
Gently pause  
Light a candle

## BREATH PRAYER

Softly connect with your body  
and breath...  
As you inhale:  
*Disrupt the lines I've drawn*  
As you exhale:  
*Fill my hunger and release my  
fears*

## DWELLING WITH SCRIPTURE

Listen and wonder within these  
sacred texts...  
Acts 10:1-16, 34-35, 44-47  
(alternative text: John 2:13-22)

## PRACTICE

We remember our three invitations  
as we engage in this practice of  
creative and contemplative  
expression: to play, to soften, and to  
open...

# HOLY WANDERING WITH BREATH PRAYER

For today's practice, you are invited into a time of holy wandering with this week's breath prayer. This practice of presence invites you into curious play, wonder, and awe, while letting go of (or relaxing) your desire to direct a particular outcome. For this open space time, gather whatever materials (if any) you want to engage with. It is helpful to set aside a certain amount of time for your practice (10-15 mins), knowing you do not have to have anything finished or resolved. This practice is simply about paying attention and being present in the process (journey) along the way. (for further guidance and holy wandering possibilities, refer to the devotional introduction)

## BREATH PRAYER

Softly connect with your body and breath...  
As you inhale: Disrupt the lines I've drawn  
As you exhale: Fill my hunger and release my fears

## CLOSING

You are invited to...  
*Gently pause honoring your time of prayer and reflection*  
*Softly connect with your body and breath*  
*As you inhale: Disrupt the lines I've drawn*  
*As you exhale: Fill my hunger and release my fears*  
*Extinguish the candle*  
*Amen (and let it be so).*



# WEDNESDAY

## BEGINNING

You are invited to...  
Gently pause  
Light a candle

## BREATH PRAYER

Softly connect with your body  
and breath...  
As you inhale:  
*Disrupt the lines I've drawn*  
As you exhale:  
*Fill my hunger and release my fears*

## DWELLING WITH SCRIPTURE

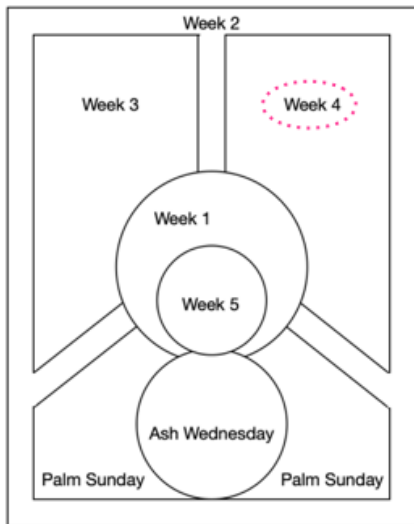
Listen and wonder within these  
sacred texts...  
Acts 10:1-16, 34-35, 44-47  
(alternative text: John 2:13-22)

## PRACTICE

We remember our three invitations  
as we engage in this practice of  
creative and contemplative  
expression: to play, to soften, and to  
open...

# DIY ICON MAKING

## VISUAL CREATIVE EXPRESSION LAYER



Today's practice invitation is to create a visual expression layer on your DIY Icon in the section: Week 4. Using whatever materials you choose to represent your response, construct a layer of visual creativity on top of your journal reflection. (for further guidance, refer to the devotional introduction)

## VISUAL EXPRESSION PROMPTS

Considering your reflections from Monday's journal layer, how would you visually represent these offerings? What might these reflections look like in color, shape, movement, texture, etc.? How might your journal offerings transform from words to image?

## CLOSING

You are invited to...  
Gently pause honoring your time of prayer and reflection  
Softly connect with your body and breath  
As you inhale: *Disrupt the lines I've drawn*  
As you exhale: *Fill my hunger and release my fears*  
Extinguish the candle  
Amen (and let it be so).

# THURSDAY

## BEGINNING

You are invited to...  
Gently pause  
Light a candle

## BREATH PRAYER

Softly connect with your body  
and breath...  
As you inhale:  
*Disrupt the lines I've drawn*  
As you exhale:  
*Fill my hunger and release my  
fears*

## DWELLING WITH SCRIPTURE

Listen and wonder within these  
sacred texts...  
Acts 10:1-16, 34-35, 44-47  
(alternative text: John 2:13-22)

## PRACTICE

We remember our three invitations  
as we engage in this practice of  
creative and contemplative  
expression: to play, to soften, and to  
open...

## HOLY WANDERING WITH PRAYER OFFERING

For this practice, you are invited into a time of holy wandering alongside a prayer offering created by \*Pastor Tawanda Murinda. As a reminder, holy wandering is a practice of presence inviting you into curiosity, wonder, and awe, while letting go of (or relaxing) your desire to direct a particular outcome. (for further guidance on holy wandering, refer to the devotional introduction)

### PRAYER OFFERING

God, you stretch the boundaries of our community. Help us  
to understand like Peter that your love knows no bounds.  
You love all of your creation, and you call us to do the  
same. Forgive us for the times we have left others out and  
comfort those who feel unwelcome. Help us to make our  
communities places of welcome for all people. In your  
name we pray. Amen.

*\*Rev. Tawanda Murinda is a pastor in Grand Forks, ND. He is an advocate for safe spaces for all people, especially migrants. He himself moved from Zimbabwe and now calls the Midwest home.*

## CLOSING

*You are invited to... Gently pause honoring your time of prayer and reflection, Extinguish the candle, Amen (and let it be so).*

# FRIDAY

## BEGINNING

You are invited to...

Gently pause

Light a candle

## BREATH PRAYER

Softly connect with your body and breath...

As you inhale:

*Disrupt the lines I've drawn*

As you exhale:

*Fill my hunger and release my fears*

## DWELLING WITH SCRIPTURE

Listen and wonder within these sacred texts...

Acts 10:1-16, 34-35, 44-47

(alternative text: John 2:13-22)

## PRACTICE

We remember our three invitations as we engage in this practice of creative and contemplative expression: to play, to soften, and to open...

## 'ALTER'NATIVE SPACE MAKING

As you have been engaging with the contemplative and creative practices for this week, you are invited to consider what you have noticed and learned through your ponderings.

**What has altered or transformed for you this week? What do you hope to remember from this time? What will you hold close to your heart? What wisdom will accompany you forward?**

In considering these questions, what is something tangible that could represent your response? Maybe it is one of your creative expressions, a found paperclip, a special reading, or a leaf you found on a walk. Gather this item and place it by your candle or other special place you have designated for this practice. If gathering an item isn't possible, draw or write your response instead. (for further guidance, refer to the devotional introduction)

## CLOSING

You are invited to...

*Gently pause honoring your time of prayer and reflection*

*Softly connect with your body and breath*

*As you inhale: Disrupt the lines I've drawn*

*As you exhale: Fill my hunger and release my fears*

*Extinguish the candle*

*Amen (and let it be so).*

# SATURDAY

## BEGINNING

You are invited to...  
Gently pause  
Light a candle

## BREATH PRAYER

Softly connect with your body  
and breath...  
As you inhale:  
*Disrupt the lines I've drawn*  
As you exhale:  
*Fill my hunger and release my  
fears*

## DWELLING WITH SCRIPTURE

Listen and wonder within these  
sacred texts...  
Acts 10:1-16, 34-35, 44-47  
(alternative text: John 2:13-22)

## PRACTICE

We remember our three invitations  
as we engage in this practice of  
creative and contemplative  
expression: to play, to soften, and to  
open...

# SABBATH KEEPING

*"God looked at all of this creation, and proclaimed that this was good—very good. Evening came, and morning followed—the sixth day. Thus the heavens and the earth and all their array were completed. On the seventh day God had finished all the work of creation, and so, on that seventh day, God rested. God blessed the seventh day and called it sacred, because on it God rested from all the work of creation."*

*-Genesis 1:31-2:3, The Inclusive Bible Translation*

In this practice of paying attention and whole-person presence, you are invited to simply dwell with God in sabbath rest. Today's practice is about receiving; to pause in your reflective actions and creative expressions to just be. An option of practice is to find a comfortable and connecting body position and be in silence/stillness for as long as you desire (being attentive to your breath, easing any tension in your body, holding loosely to thoughts, emotions, memories that arise...). Beloved, God is with you on the journey and in your rest.

**Deep peace of the quiet earth to you,  
who, herself unmoving, harbors the movements  
and facilitates the life of the ten thousand creatures,  
while resting contented, stable, tranquil.**

**Deep peace of the quiet earth to you!**

**- A Traditional Celtic Prayer**

## CLOSING

You are invited to...  
*Gently pause honoring your time of prayer and reflection*  
*Softly connect with your body and breath*  
*As you inhale: Disrupt the lines I've drawn*  
*As you exhale: Fill my hunger and release my fears*  
*Extinguish the candle*  
*Amen (and let it be so).*

# WEEK 5

ALTERED THROUGH STORIES WE DON'T TRUST

## SUNDAY

### BEGINNING

You are invited to...  
Gently pause  
Light a candle

### BREATH PRAYER

Softly connect with your body and breath...  
As you inhale: *Whose voices do I trust?*  
As you exhale: *Reveal to me your liberating wisdom*

### DWELLING WITH SCRIPTURE

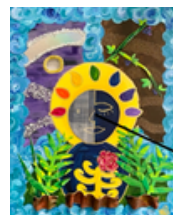
Listen and wonder within these sacred texts...  
Acts 12:6-17 (alternative text: Mark 8:31-38)

### PRACTICE

We remember our three invitations as we engage in this practice of creative and contemplative expression: to play, to soften, and to open...

### ICON ART REFLECTION

As you look at this section of the icon, you are invited to pause and spend some time with this image:

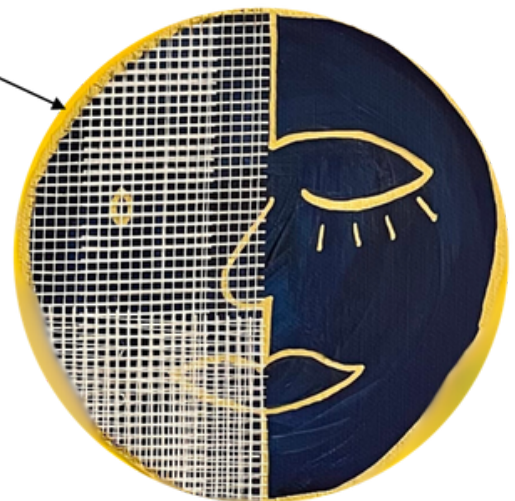


What do you see? What do you notice?

What colors and textures are present?

How might this zoomed in section of the icon connect with the theme of "Altered through stories we don't trust" and today's sacred texts?

How does this section relate, connect, interact with the other parts of the icon?



**What thoughts, feelings, and/or memories are arising for you as you dwell with this art?**



## **FROM THE ARTIST**

*The icon image is of a face, partially open and partially barred with a tape material. One eye is closed and the other is missing with only a single tear to mark its location. This expression invites both a gentleness and a starkness to ponder. With this theme and scripture text, my reflections revolved a lot around story, especially different community narratives. How is our collective story formed? Who gets to speak? Who is silenced? What gets shared? How does embedded judgments and assumptions solidify false narratives? Who suffers? The invitation to examine our collective stories can alter our perception and expand our awareness, offering a more full picture of God's beloved creation and the wisdom movements of the Spirit.*

## **CLOSING**

*You are invited to...  
Gently pause honoring your time of prayer and reflection  
Softly connect with your body and breath  
As you inhale: Whose voices do I trust?  
As you exhale: Reveal to me your liberating wisdom  
Extinguish the candle  
Amen (and let it be so).*

# MONDAY

## BEGINNING

You are invited to...  
Gently pause  
Light a candle

## BREATH PRAYER

Softly connect with your body  
and breath...  
As you inhale:  
*Whose voices do I trust?*  
As you exhale:  
*Reveal to me your liberating  
wisdom*

## DWELLING WITH SCRIPTURE

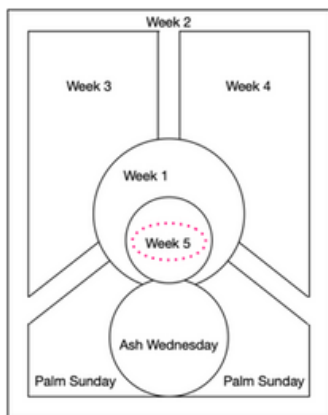
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Acts 12:6-17  
(alternative text: Mark 8:31-38)

## PRACTICE

We remember our three invitations  
as we engage in this practice of  
creative and contemplative  
expression: to play, to soften, and to  
open...

## DIY ICON: JOURNAL REFLECTION LAYER

Today's practice invitation is to dwell with a journal reflection layer on your DIY Icon in the section: Week 5. As you engage with this week's theme, scripture passage and the journal reflection question(s) that resonate with you, you are invited to write, draw, and/or use symbols on your chosen base material to represent your responses. As a note: This layer will be most likely be covered with the other layers to come. (for further guidance, refer to the devotional introduction)



## JOURNAL REFLECTION PROMPTS

What am I noticing (in the theme, scripture text and/or within me)? What is catching my attention in the theme and/or scripture passage? What feelings, memories, and/or thoughts are arising? What am I finding challenging or surprising? What is connecting or repelling about this week's theme and/or scripture passage? What questions or ponderings do I have? How am I being altered? What is my prayer for today?

## CLOSING

*You are invited to...  
Gently pause honoring your time of prayer and reflection  
Softly connect with your body and breath  
As you inhale: Whose voices do I trust?  
As you exhale: Reveal to me your liberating wisdom  
Extinguish the candle  
Amen (and let it be so).*

# TUESDAY

## BEGINNING

You are invited to...  
Gently pause  
Light a candle

## BREATH PRAYER

Softly connect with your body  
and breath...  
As you inhale:  
*Whose voices do I trust?*  
As you exhale:  
*Reveal to me your liberating  
wisdom*

## DWELLING WITH SCRIPTURE

Listen and wonder within these  
sacred texts...  
Acts 12:6-17  
(alternative text: Mark 8:31-38)

## PRACTICE

We remember our three invitations  
as we engage in this practice of  
creative and contemplative  
expression: to play, to soften, and to  
open...

# HOLY WANDERING WITH BREATH PRAYER

For today's practice, you are invited into a time of holy wandering with this week's breath prayer. This practice of presence invites you into curious play, wonder, and awe, while letting go of (or relaxing) your desire to direct a particular outcome. For this open space time, gather whatever materials (if any) you want to engage with. It is helpful to set aside a certain amount of time for your practice (10-15 mins), knowing you do not have to have anything finished or resolved. This practice is simply about paying attention and being present in the process (journey) along the way. (for further guidance and holy wandering possibilities, refer to the devotional introduction)

## BREATH PRAYER

Softly connect with your body and breath...  
As you inhale: *Whose voices do I trust?*  
As you exhale: *Reveal to me your liberating wisdom*

## CLOSING

*You are invited to...*  
*Gently pause honoring your time of prayer and reflection*  
*Softly connect with your body and breath*  
*As you inhale: Whose voices do I trust?*  
*As you exhale: Reveal to me your liberating wisdom*  
*Extinguish the candle*  
*Amen (and let it be so).*

# WEDNESDAY

## BEGINNING

You are invited to...  
Gently pause  
Light a candle

## BREATH PRAYER

Softly connect with your body  
and breath...  
As you inhale:  
*Whose voices do I trust?*  
As you exhale:  
*Reveal to me your liberating  
wisdom*

## DWELLING WITH SCRIPTURE

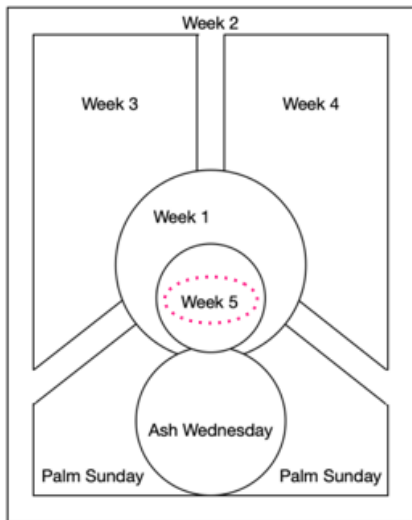
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## PRACTICE

We remember our three invitations  
as we engage in this practice of  
creative and contemplative  
expression: to play, to soften, and to  
open...

# DIY ICON MAKING

## VISUAL CREATIVE EXPRESSION LAYER



Today's practice invitation is to create a visual expression layer on your DIY Icon in the section: Week 5. Using whatever materials you choose to represent your response, construct a layer of visual creativity on top of your journal reflection. (for further guidance, refer to the devotional introduction)

## VISUAL EXPRESSION PROMPTS

Considering your reflections from Monday's journal layer, how would you visually represent these offerings? What might these reflections look like in color, shape, movement, texture, etc.? How might your journal offerings transform from words to image?

## CLOSING

You are invited to...  
Gently pause honoring your time of prayer and reflection  
Softly connect with your body and breath  
As you inhale: *Whose voices do I trust?*  
As you exhale: *Reveal to me your liberating wisdom*  
Extinguish the candle  
Amen (and let it be so).

# THURSDAY

## BEGINNING

You are invited to...  
Gently pause  
Light a candle

## BREATH PRAYER

Softly connect with your body  
and breath...  
As you inhale:  
*Whose voices do I trust?*  
As you exhale:  
*Reveal to me your liberating  
wisdom*

## DWELLING WITH SCRIPTURE

Listen and wonder within these  
sacred texts...  
Acts 12:6-17  
(alternative text: Mark 8:31-38)

## PRACTICE

We remember our three invitations  
as we engage in this practice of  
creative and contemplative  
expression: to play, to soften, and to  
open...

## HOLY WANDERING WITH PRAYER OFFERING

For this practice, you are invited into a time of holy wandering alongside a prayer offering created by \*Glory Godwin Lekashu. As a reminder, holy wandering is a practice of presence inviting you into curiosity, wonder, and awe, while letting go of (or relaxing) your desire to direct a particular outcome. (for further guidance on holy wandering, refer to the devotional introduction)

### PRAYER OFFERING

You send us blessings and miracles in so many ways,  
shapes and forms only you can understand. Help us to see  
you through all of them and grant us courage to proclaim  
your great works of wonder, even when it seems  
impossible in the human eye. We invite you to alter and  
change us through your unique ways of showing up, for  
you alone have power to do so and in you alone we hope.  
Amen.

*\*My name is Glory Godwin Lekashu I am from Arusha Tanzania and now residing in Moorhead MN while attending Concordia College. I am a senior student, biology major with Religion and environmental studies minors.*

## CLOSING

*You are invited to... Gently pause honoring your time of prayer and reflection, Extinguish the candle, Amen (and let it be so).*



# FRIDAY

## BEGINNING

You are invited to...

Gently pause

Light a candle

## BREATH PRAYER

Softly connect with your body and breath...

As you inhale:

*Whose voices do I trust?*

As you exhale:

*Reveal to me your liberating wisdom*

## DWELLING WITH SCRIPTURE

Listen and wonder within these sacred texts...

Acts 12:6-17

(alternative text: Mark 8:31-38)

## PRACTICE

We remember our three invitations as we engage in this practice of creative and contemplative expression: to play, to soften, and to open...

## ‘ALTER’NATIVE SPACE MAKING

As you have been engaging with the contemplative and creative practices for this week, you are invited to consider what you have noticed and learned through your ponderings.

**What has altered or transformed for you this week? What do you hope to remember from this time? What will you hold close to your heart? What wisdom will accompany you forward?**

In considering these questions, what is something tangible that could represent your response? Maybe it is one of your creative expressions, a found paperclip, a special reading, or a leaf you found on a walk. Gather this item and place it by your candle or other special place you have designated for this practice. If gathering an item isn't possible, draw or write your response instead. (for further guidance, refer to the devotional introduction)

## CLOSING

You are invited to...

*Gently pause honoring your time of prayer and reflection*

*Softly connect with your body and breath*

*As you inhale: Whose voices do I trust?*

*As you exhale: Reveal to me your liberating wisdom*

*Extinguish the candle*

*Amen (and let it be so).*

# SATURDAY

## BEGINNING

You are invited to...  
Gently pause  
Light a candle

## BREATH PRAYER

Softly connect with your body  
and breath...  
As you inhale:  
*Whose voices do I trust?*  
As you exhale:  
*Reveal to me your liberating  
wisdom*

## DWELLING WITH SCRIPTURE

Listen and wonder within these  
sacred texts...  
Acts 12:6-17  
(alternative text: Mark 8:31-38)

## PRACTICE

We remember our three invitations  
as we engage in this practice of  
creative and contemplative  
expression: to play, to soften, and to  
open...

# SABBATH KEEPING

*"God looked at all of this creation, and proclaimed that this was good—very good. Evening came, and morning followed—the sixth day. Thus the heavens and the earth and all their array were completed. On the seventh day God had finished all the work of creation, and so, on that seventh day, God rested. God blessed the seventh day and called it sacred, because on it God rested from all the work of creation."*

*-Genesis 1:31-2:3, The Inclusive Bible Translation*

In this practice of paying attention and whole-person presence, you are invited to simply dwell with God in sabbath rest. Today's practice is about receiving; to pause in your reflective actions and creative expressions to just be. An option of practice is to find a comfortable and connecting body position and be in silence/stillness for as long as you desire (being attentive to your breath, easing any tension in your body, holding loosely to thoughts, emotions, memories that arise...). Beloved, God is with you on the journey and in your rest.

**Deep peace of the quiet earth to you,  
who, herself unmoving, harbors the movements  
and facilitates the life of the ten thousand creatures,  
while resting contented, stable, tranquil.**

**Deep peace of the quiet earth to you!**

**- A Traditional Celtic Prayer**

## CLOSING

You are invited to...  
*Gently pause honoring your time of prayer and reflection*  
*Softly connect with your body and breath*  
*As you inhale: Whose voices do I trust?*  
*As you exhale: Reveal to me your liberating wisdom*  
*Extinguish the candle*  
*Amen (and let it be so).*

# PALM SUNDAY

## VICTORY ALTERED

Palm Sunday invites us to consider how the life and teachings of Jesus continue to alter the disciples' understanding of Jesus as Messiah. When we focus our attention on this portion of the narrative, we often place ourselves at a misfit parade with cloaks and palm branches. Our hosannas join an ancient chorus of "save us" as we await God's liberation to unfold. This day marks the shift in our Lenten journey to the stories and contemplation of Holy Week. We journey together with hopes and fears and one less cloak to carry, wondering where is God in all of this?

*As we mark this day as the closing of our Lenten devotional journey, we begin to shift our attention towards Holy Week. You are invited now, into this final practice and devotional rhythm to close your time...*

People spread their cloaks on the roadway as Jesus rode along. As they reached the descent from the Mount of Olives, the entire crowd of disciples joined them and began to rejoice and praise God loudly for the display of power they had seen, saying, "Blessed is the One who comes in the name of our God! Peace in heaven, and glory in the highest!"  
from Luke 19: 36-38  
(The Inclusive Bible Translation)



### BEGINNING

You are invited to...  
Gently pause  
Light a candle

### BREATH PRAYER

Softly connect with your body and breath...  
As you inhale: *I cry out Hosanna!*  
As you exhale: *Transform my praise, alter my action*

### DWELLING WITH SCRIPTURE

*Listen and wonder within these sacred texts...*  
*Acts 1: 6-11 (alternative text: Matthew 6:1-6, 16-21)*

### PRACTICE

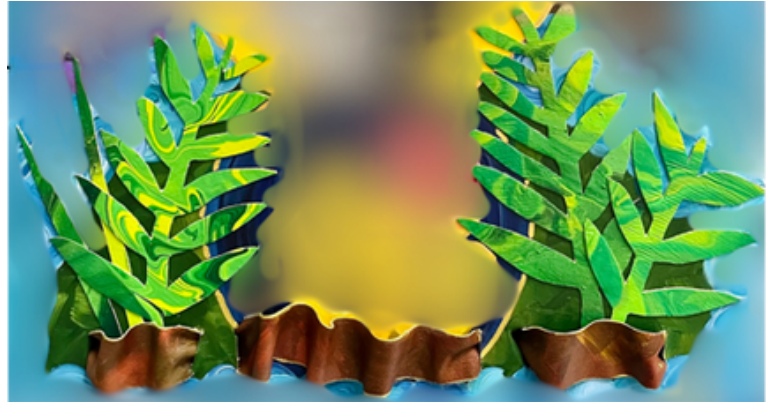
We remember our three invitations as we engage in this practice of creative and contemplative expression: to play, to soften, and to open...

## ICON ART REFLECTION

As you look at this section of the icon, you are invited to pause and spend some time with this image:

What do you see? What do you notice?

What colors and textures are present?



How might this zoomed in section of the icon connect with the theme of “Victory Altered” and today’s sacred texts?

How does this section relate, connect, interact with the other parts of the icon?

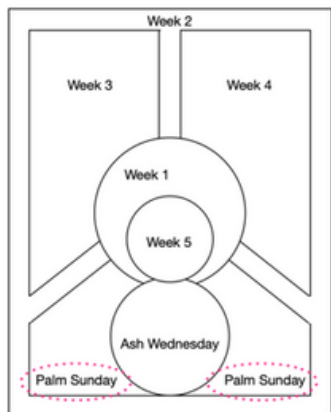
**What thoughts, feelings, and/or memories are arising for you as you dwell with this art?**

## FROM THE ARTIST

*I used paint pours on canvas as the material for the palm branches and wove painted cloth into the base canvas to represent the cloaks within the Palm Sunday narrative. These materials have been added onto the icon canvas to express movement and interaction with the icon’s central figure. I wonder about this interplay between Palm Sunday and Ash Wednesday, narrative bookends within the Lenten season. We began with connection to our own bodies, God made flesh, and divine mystery; and now, we close this prayerful season with a narrative that again invites us to consider the realities of life and our interactions with wisdom in the flesh. Much like the materials used for the branches and cloaks, we too are interacting with God’s presence in the midst. Who is this God among us... confronting empire and confronting all that is death dealing? How is my faith altered by this? How am I transformed by this?*

# DIY ICON MAKING

## JOURNAL REFLECTION AND VISUAL CREATIVE EXPRESSION LAYERS



### JOURNAL REFLECTION LAYER

First, you are invited to dwell with a journal reflection layer on your DIY Icon in the section: Palm Sunday. You can write, draw, and/or use symbols on your chosen base material to represent your responses.

### JOURNAL REFLECTION PROMPTS

What am I noticing (in the theme, scripture text and/or within me)? What is catching my attention in The theme and/or scripture passage?

What feelings, memories, and/or thoughts are arising? What am I finding challenging or surprising? What is connecting or repelling about today's theme and/or scripture passage? What questions or ponderings do I have? How am I being altered?

### What is my prayer for today?

### VISUAL EXPRESSION LAYER

Then, using whatever materials you choose to represent your response, construct a layer of visual creativity on top of your journal reflection. (for further guidance, refer to the devotional introduction)

### VISUAL EXPRESSION PROMPTS

Considering your reflections from the journal layer, how would you visually represent these offerings? What might these reflections look like in color, shape, movement, texture, etc.? How might your journal offerings transform from words to image?

### CLOSING

*You are invited to...*

*Gently pause honoring your time of prayer and reflection*

*As this Lenten practice comes to an end, you are invited to consider this devotional season as a whole: What is something you will take with you in the days ahead? What is something you will hold close to your heart?*

*Softly connect with your body and breath*

*As you inhale: I cry out Hosanna!*

*As you exhale: Transform my praise, alter my action.*

*Extinguish the candle*

*Amen (and let it be so).*



BECAUSE **THE SPIRIT IS ALIVE**  
IN, WITH, AND UNDER  
OUR ORDINARY LIVES,  
ALWAYS CALLING US FORWARD  
INTO TRANSFORMATION,  
NUDGING US INTO WHOLENESS,  
AND **BECKONING US FORTH**  
**INTO AN ALTERNATIVE WAY.**



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