

LENTEN REFLECTIONS

REALIGNING WITH THE HEART --- OF THE LORD

In justice and advocacy work it can be easy to lose hope and sight of the reason behind our work. It's important to center ourselves back on Jesus and the joy he offers.

Over the next six weeks we invite you to reflect on 6 out of the 12 spiritual disciplines found in Scripture. The purpose of spiritual disciplines is to promote spiritual growth and dependence on the Lord. This Lenten season, may we leave with a renewed passion aligned with the heart of who Jesus really is.

SET  FREE

WEEK

01 SOLITUDE & SILENCE

"The LORD is good to those who depend on him, to those who search for him. So it is good to wait quietly for salvation from the LORD."

- Lamentations 3:25-26

Application: Find a time this week to intentionally get away from the noise and just "be". In solitude, we remove ourselves from the hustle and influence of those around us. Listening for His still small voice helps us rediscover strength, dependence, and renewal towards seeking justice that's centered on Christ.

WEEK

03 SECRECY

"So when you give to the needy, do not announce it with trumpets, as the hypocrites do in the synagogues and on the streets, to be honored by others. Truly I tell you, they have received their reward in full..." - Matthew 6:1-6

Application: Practice the discipline of secrecy by doing something for a friend, neighbor, or someone you love without them knowing it was you. It's easy to seek self-recognition, especially when advocating for those who lie vulnerable to human trafficking. This week let your heart's desire be to seek solely the praise and approval of the Lord.

WEEK

05 SIMPLICITY

"But godliness with contentment is great gain, for we brought nothing into the world, and we cannot take anything out of the world. But if we have food and clothing, with these we will be content."

- 1 Timothy 6:6-8

Application: Watch your attitude change when you begin to live simply. By removing overconsumption from our lives, we learn to find gratitude and trust in the Lord. In a world where much of what we consume is produced by forced labor, this practice also helps us be conscious consumers and learn how our purchases affect those in the supply chain. Live simply, so others can simply live.

WEEK

02 SUBMISSION

"O Lord, my heart is not lifted up; my eyes are not raised too high; I do not occupy myself with things too great and too marvelous for me. But I have calmed and quieted my soul..." - Psalm 131:1-2

Application: This week submit yourself to the authority, wisdom, and power of God. Perhaps you are eager to act upon something, but He is telling you to wait for His timing. Lay down being the Lord of your own life and submit to the only Lord whose way is better than our own.

WEEK

04 SOUL FRIENDSHIP

"Let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another..." - Hebrews 10:24-25

Application: God has given us His church to lean on and build intentional relationships with. We were never created to do this life alone. This week reach out to a friend or church member and search deeper than surface level conversation. Dig in and ask what God is teaching them, how you can spur them on, love them better, and join their personal fight in pursuing Biblical justice.

WEEK

06 CELEBRATION

"Be cheerful with joyous celebration in every season of life. Let your joy overflow! And let gentleness be seen in every relationship, for our Lord is ever near."

- Philippians 4:4

Application: Celebration is the discipline of choosing gratitude over negativity. When we celebrate, we relive God's blessings and promises to us. This week choose to celebrate someone you love in a small way. Celebrate even the smallest of things in your day, like a warm cup of coffee or a friend eager to learn and grow in their relationship with the Lord.

To dive into more spiritual disciplines, visit: [Soul Shepherding](#) + [Renovaré](#) + [Zonervan Academic](#)