



Lenten
Journal



Welcome!

We are glad you're here! We hope this journaling experience will open up a whole new way to spend time with the Word. Reading, contemplating and responding to scripture and letting it lead you to be creative and stronger in faith.

Name _____

Date _____

Why do a Lenten journal?

To live with God, centered in our lives, means living in the present. If we listen to Him, we will not worry about the past, the future, or our circumstances. God is in charge, and we are not. We must live relying on God's presence, and peace will follow. During Lent this year, we are sharing with you a new way to read and respond to readings from the book of Mark with a daily practice of responding in a visual journal. The book of Mark walks us through much of Jesus' earthly ministry and his death and resurrection. While simple, it is also powerful and cultivates a deeper understanding of the life-changing, personal sacrifice Jesus made for our sins.

You may be wondering "What is visual journaling?" A visual journal, sometimes called a faith journal, is reading scripture, prayers or faith meditations and responding to them in a sketchbook-style journal. This response can be in any type of art medium you choose. You may choose to sketch, paint, write or collage as your response. Really any creative process will work, you do not need to be "artistic". In other words, the focus is on the journey rather than the destination.

This Lenten journal practice will help us read His word in a new spiritual way. All we need is a desire to have God come closer to us. Daily journaling helps us to re-orient ourselves and change our focus to center on God and helping us to live in the present. You may discover that this simple daily routine will begin to bring you peace, and a space for being with and hearing God. Give it a try and see what happens!

To do the full 40 days, the readings will start on Ash Wednesday and end on the Saturday before Easter Sunday, minus the Sundays in between.

More visual journaling guidance and links to family Lent activities at
www.brunswickchurch.org/lent2023/

Questions?

Email office@brunswickchurch.org we will be happy to help you.

A new, “old” way to read scripture *Read – Contemplate – Respond*

Have you ever heard of Lectio Divina? “Lectio Divina” a Latin term, means “divine reading” and describes a way of reading the Scriptures whereby we gradually let go of our own agenda and open ourselves to what God wants to say to us. It is an age-old method of praying the Scriptures. Lectio Davina is about *active listening* which engages both a response and a lasting peace.

For a Lenten practice this year we have re-imagined a new way to pray in the “Lectio Davina” style. One that puts an emphasis on the word *active*. By creatively responding in a daily visual journal.

This is how it works-

Read

Begin by finding a place that is peaceful, comfortable, and quiet your thoughts. It may be a good idea to silence your cell phone. Read the passage, maybe more than once, maybe try it out loud. Imagine through your senses what it may have been like to be there. What sounds are around you? What smells? What textures do you feel? What do you see? What emotions do you feel?

Contemplate

Spend thought time with the reading, choose the word or a short phrase that stands out to you. Perhaps one that triggers a memory, a concern, or a joy. Did you hear the reading in a new light? Did it make you aware of something you need to examine in your life?

Respond

Now respond to your thoughts and feelings in the following ways-

- In a visual journal, using any medium you like such as pencil, pen, sketching, paint, or collage. This is your personal response to God’s words. It is not about creating a work of art. It is responding through creative means.
- In your journal write your thoughts or respond with a prayer or reflection on what was revealed and what it means to you.

✿ DAY 1 ✿

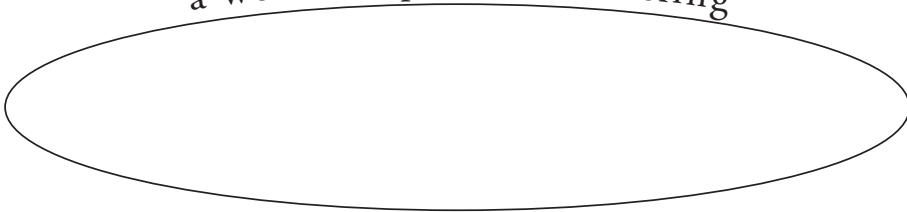
Reading from the book of Mark

1:1-20

John the Baptist prepares the way, The baptism of Jesus.

Jesus announces the good news, Jesus calls his first disciples.

a word ~ a phrase ~ a feeling



☞ How can you incorporate your word throughout your day?

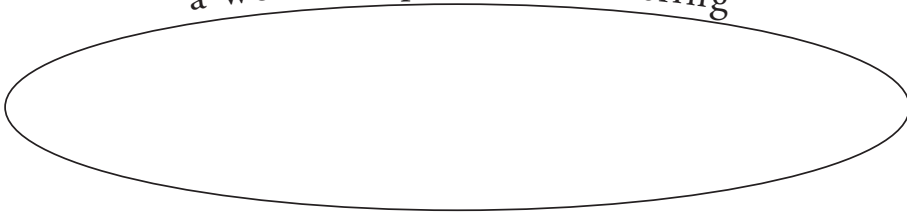
✿ DAY 2 ✿

Reading from the book of Mark

1:21-39

Jesus drives out an impure spirit, Jesus heals many, Jesus prays in a solitary place.

a word ~ a phrase ~ a feeling



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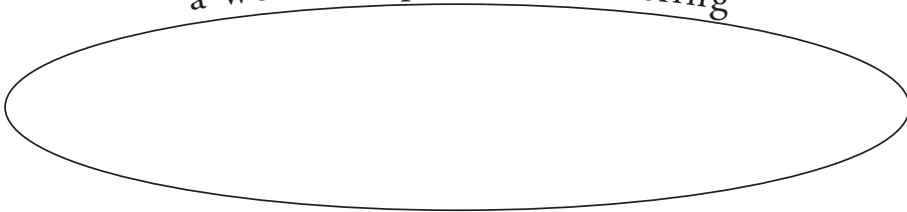
✿ DAY 3 ✿

Reading from the book of Mark

1:40-2:12

Jesus heals a man with leprosy, Jesus forgives and heals a paralyzed man.

a word ~ a phrase ~ a feeling



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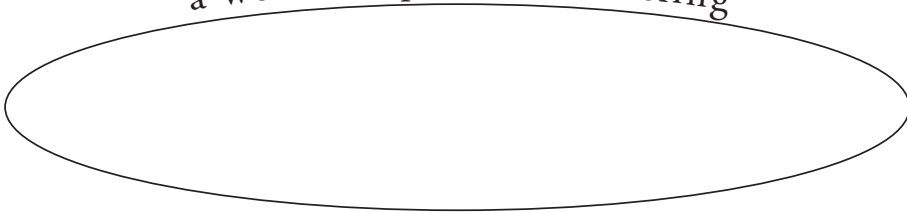
✿ DAY 4 ✿

Reading from the book of Mark

2:13-28

Jesus calls Levi and eats with sinners, a question about fasting, Jesus is Lord of the Sabbath.

a word ~ a phrase ~ a feeling



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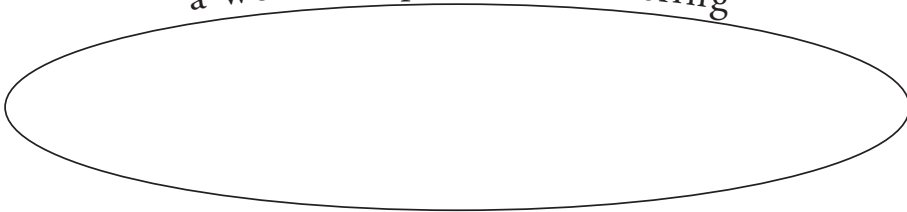
✿ DAY 5 ✿

Reading from the book of Mark

3:1-19

Jesus heals on the Sabbath, Crowds follow Jesus, Jesus appoints the twelve.

a word ~ a phrase ~ a feeling



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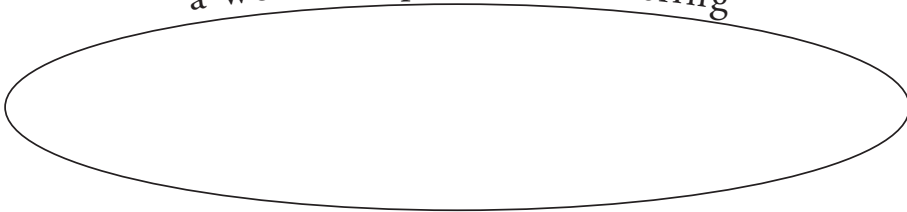
✿ DAY 6 ✿

Reading from the book of Mark

3:20-35

Jesus is accused by his family and by teachers of the law.

a word ~ a phrase ~ a feeling



🌀 How can you incorporate your word throughout your day?

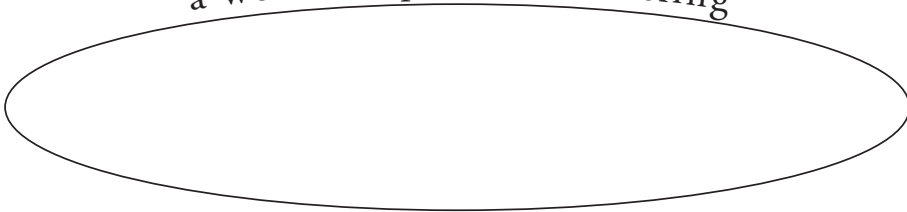
✿ DAY 7 ✿

Reading from the book of Mark

4:1-20

The parable of the sower.

a word ~ a phrase ~ a feeling



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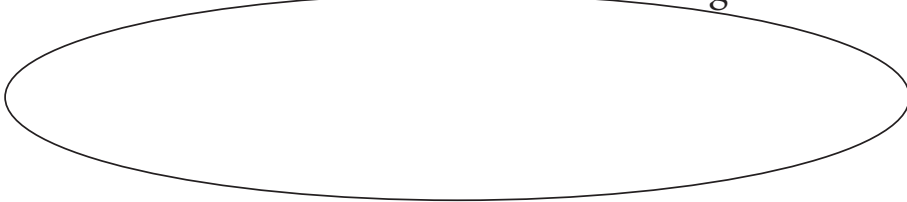
✿ DAY 8 ✿

Reading from the book of Mark

4:21-34

A lamp on a stand. The parable of the growing seed, the parable of the mustard seed.

a word ~ a phrase ~ a feeling



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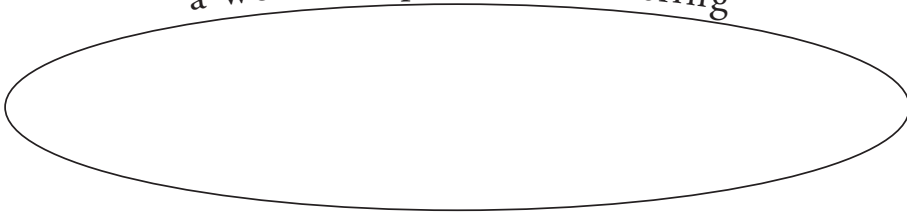
✿ DAY 9 ✿

Reading from the book of Mark

4:35–5:20

Jesus calms the storm, Jesus restores a demon-possessed man.

a word ~ a phrase ~ a feeling



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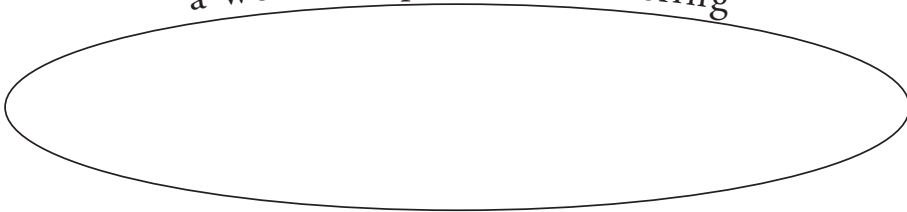
✿ DAY 10 ✿

Reading from the book of Mark

5:21-34

Jesus raises a dead girl and heals a sick woman.

a word ~ a phrase ~ a feeling



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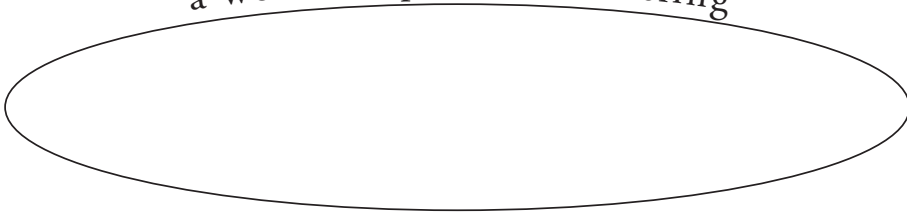
✿ DAY 11 ✿

Reading from the book of Mark

5:35–6:6

A Prophet without honor.

a word ~ a phrase ~ a feeling



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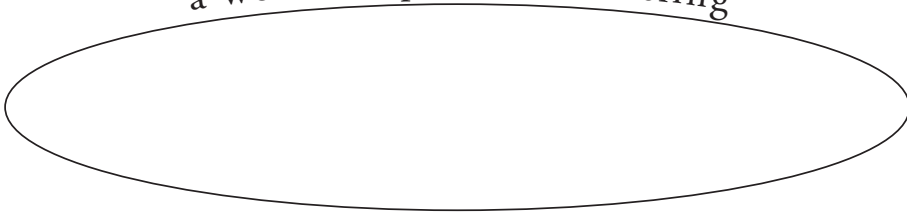
✿ DAY 12 ✿

Reading from the book of Mark

6:7-29

Jesus sends out the twelve, John the Baptist is beheaded.

a word ~ a phrase ~ a feeling



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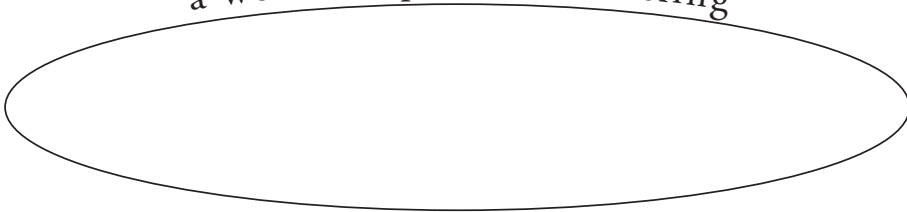
✿ DAY 13 ✿

Reading from the book of Mark

6:30-44

Jesus feeds the five thousand.

a word ~ a phrase ~ a feeling



🌀 How can you incorporate your word throughout your day?

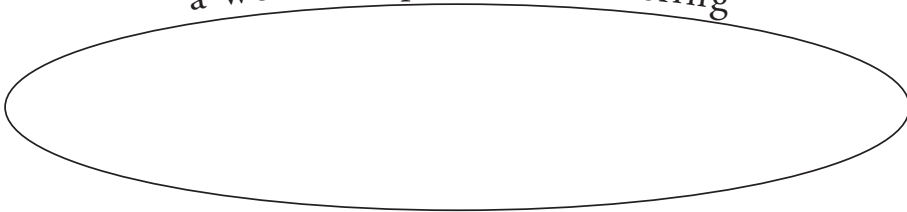
✿ DAY 14 ✿

Reading from the book of Mark

6:45-56

Jesus walks on water.

a word ~ a phrase ~ a feeling



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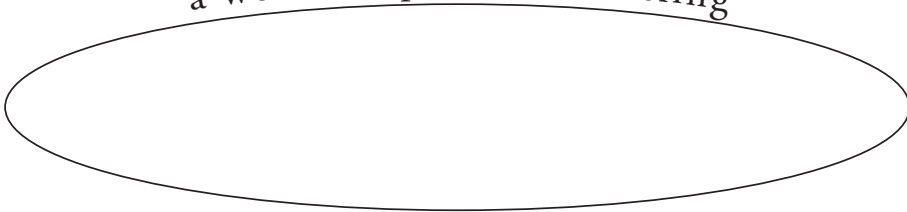
✿ DAY 15 ✿

Reading from the book of Mark

7:1-23

That which defiles.

a word ~ a phrase ~ a feeling



☞ How can you incorporate your word throughout your day?

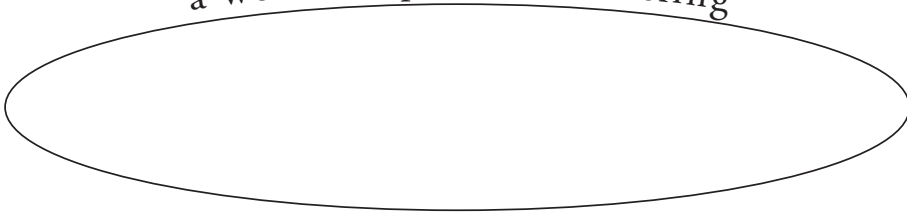
✿ DAY 16 ✿

Reading from the book of Mark

7:24-37

Jesus honors a Syrophenician Women's Faith, Jesus heals a deaf and mute man.

a word ~ a phrase ~ a feeling



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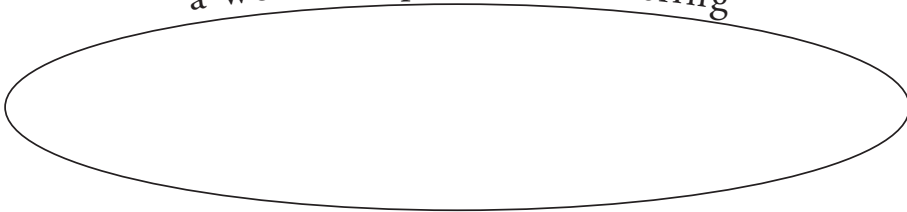
✿ DAY 17 ✿

Reading from the book of Mark

8:1-21

Jesus feeds the four thousand. The yeast of the Pharisees and Herod.

a word ~ a phrase ~ a feeling



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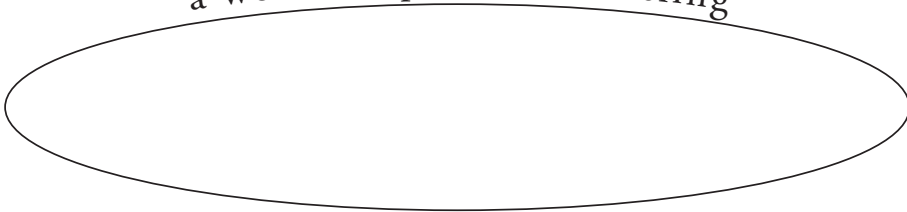
✿ DAY 18 ✿

Reading from the book of Mark

8:22-33

Jesus heals a blind man at Bethesda, Peter declares that Jesus is the Messiah, Jesus predicts his own death.

a word ~ a phrase ~ a feeling



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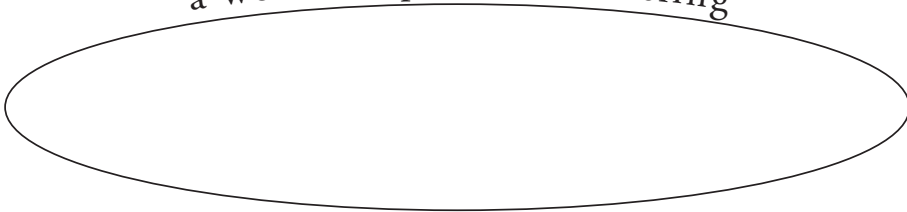
✿ DAY 19 ✿

Reading from the book of Mark

8:34-9:13

The way of the Cross. The Transfiguration.

a word ~ a phrase ~ a feeling



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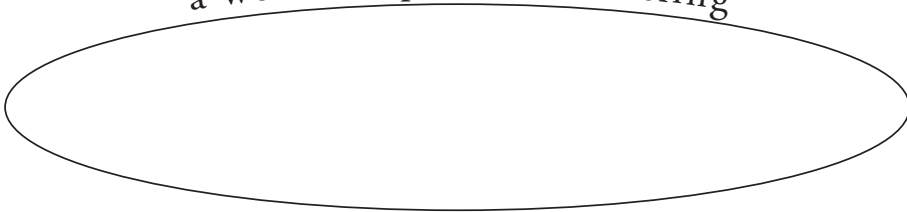
✿ DAY 20 ✿

Reading from the book of Mark

9:14-29

Jesus heals a boy possessed by an impure spirit.

a word ~ a phrase ~ a feeling



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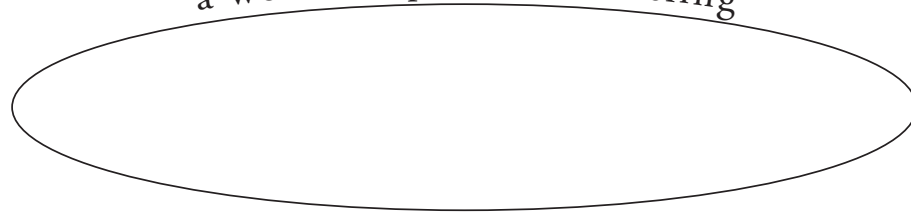
✿ DAY 21 ✿

Reading from the book of Mark

9:30-37

Jesus predicts his death a second time.

a word ~ a phrase ~ a feeling



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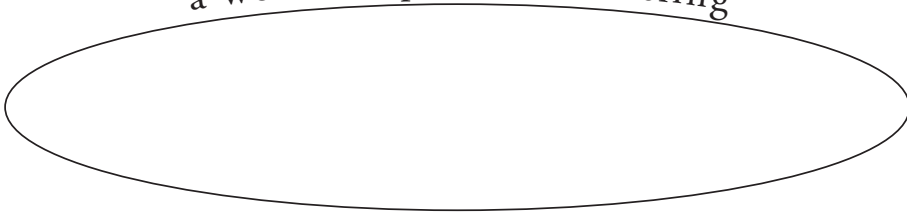
✿ DAY 22 ✿

Reading from the book of Mark

9:38-50

Whoever is not against us is for us, causing to stumble.

a word ~ a phrase ~ a feeling



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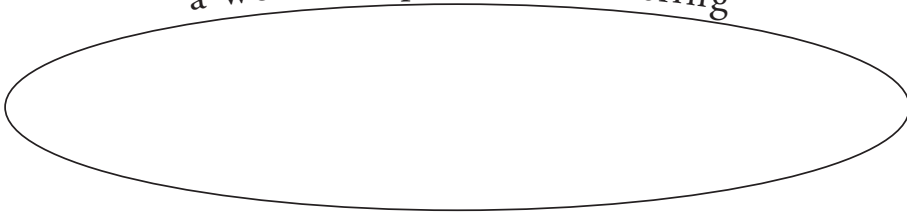
✿ DAY 23 ✿

Reading from the book of Mark

10:1-16

Divorce, the little children with Jesus.

a word ~ a phrase ~ a feeling



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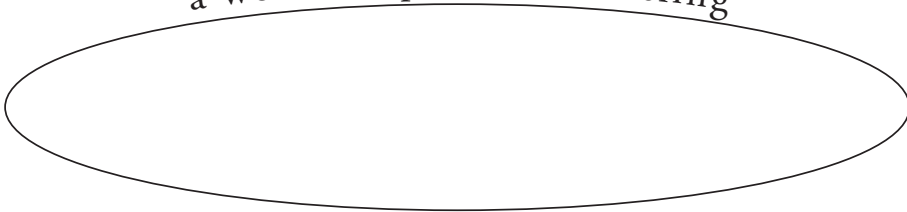
✿ DAY 24 ✿

Reading from the book of Mark

10:17-31

The rich in the kingdom of God.

a word ~ a phrase ~ a feeling



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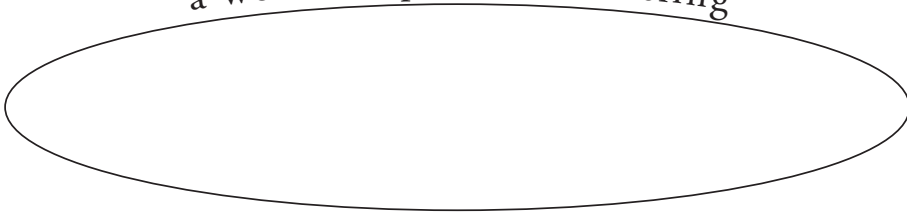
✿ DAY 25 ✿

Reading from the book of Mark

10:32-46

Jesus predicts his death a third time, the request of James and John, blind Bartimaeus receives his sight.

a word ~ a phrase ~ a feeling



🌀 How can you incorporate your word throughout your day?

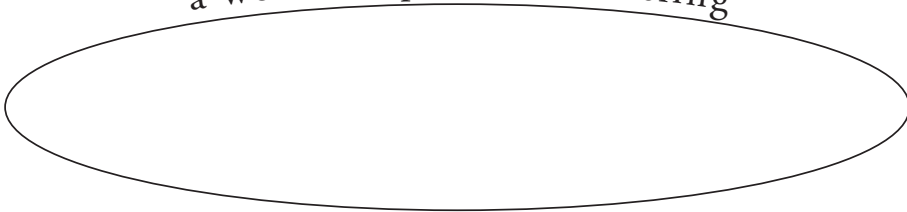
✿ DAY 26 ✿

Reading from the book of Mark

11:1-25

Jesus comes to Jerusalem as king, Jesus curses a fig tree and clears the temple courts.

a word ~ a phrase ~ a feeling



🌀 How can you incorporate your word throughout your day?

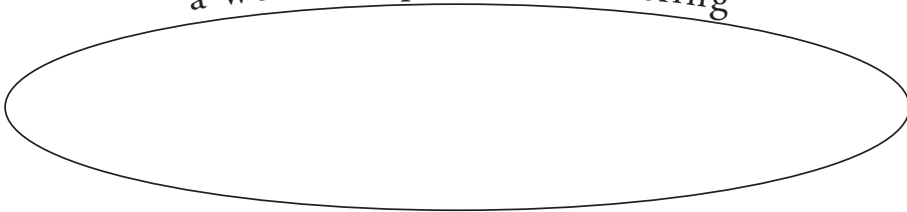
✿ DAY 27 ✿

Reading from the book of Mark

11:27-12:12

The authority of Jesus is questioned. The parable of the tenants.

a word ~ a phrase ~ a feeling



☞ How can you incorporate your word throughout your day?

✿ DAY 28 ✿

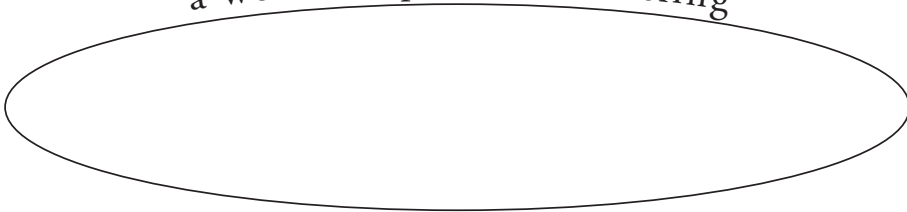
Reading from the book of Mark

12:13-34

Paying the imperial tax to Caesar, marriage at the resurrection.

The greatest commandment.

a word ~ a phrase ~ a feeling



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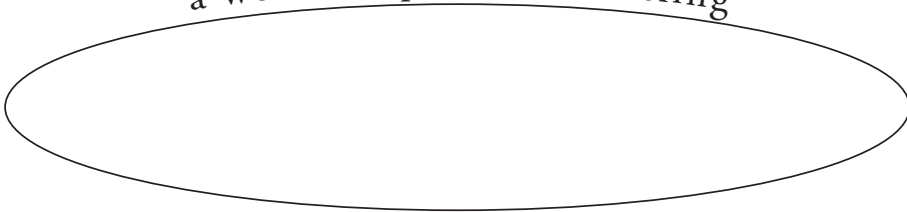
✿ DAY 29 ✿

Reading from the book of Mark

12:35-44

Who's son is the Messiah? Warning against the teachers of the law. The widow's offering.

a word ~ a phrase ~ a feeling



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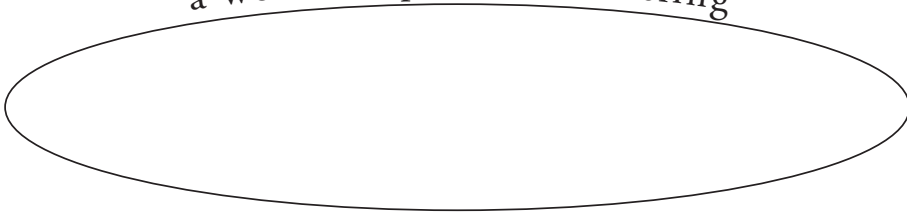
✿ DAY 30 ✿

Reading from the book of Mark

13:1-20

The destruction of the temple and signs of the end times.

a word ~ a phrase ~ a feeling



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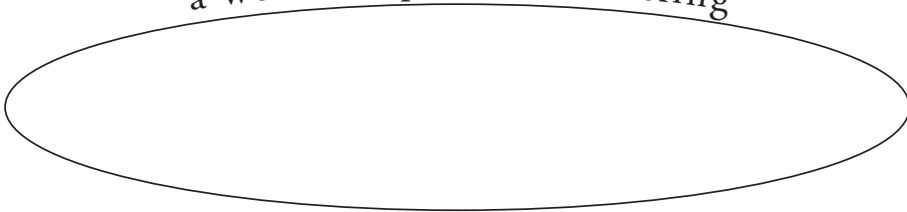
✿ DAY 31 ✿

Reading from the book of Mark

13:21-37

The end times. The day and the hour is unknown.

a word ~ a phrase ~ a feeling



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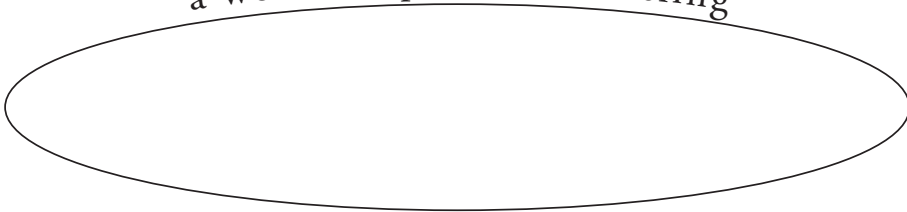
✿ DAY 32 ✿

Reading from the book of Mark

14:1-26

Jesus is anointed, Bethany, and The Last Supper.

a word ~ a phrase ~ a feeling



🌀 How can you incorporate your word throughout your day?

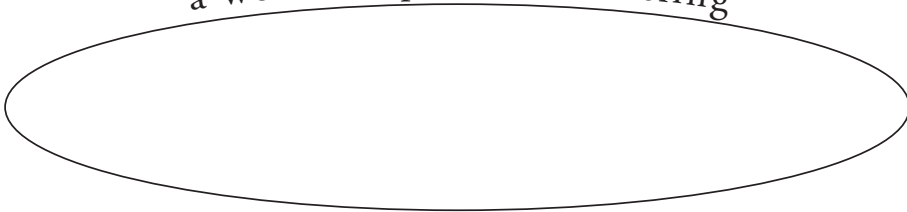
✿ DAY 33 ✿

Reading from the book of Mark

4:27-42

Jesus predicts Peter's denial, Gethsemane.

a word ~ a phrase ~ a feeling



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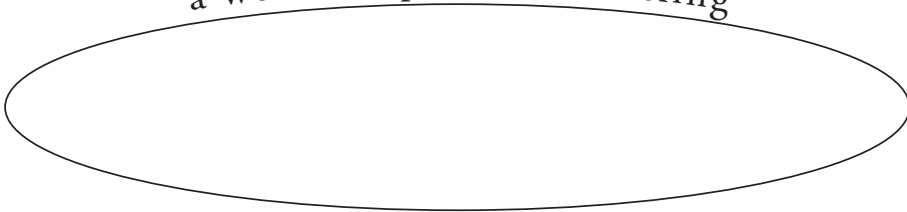
✿ DAY 34 ✿

Reading from the book of Mark

14:43-65

Jesus is arrested Jesus before the Sanhedrin.

a word ~ a phrase ~ a feeling



🌀 How can you incorporate your word throughout your day?

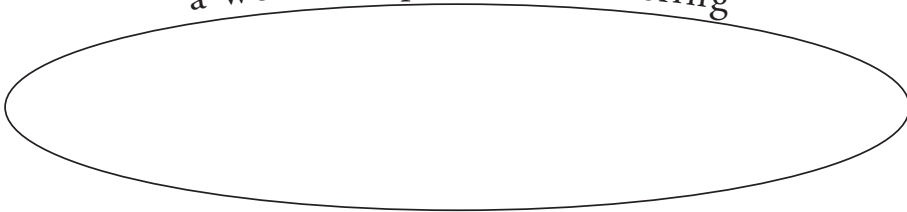
✿ DAY 35 ✿

Reading from the book of Mark

14:66-15:15

Peter disowned Jesus, Jesus before Pilate.

a word ~ a phrase ~ a feeling



☞ How can you incorporate your word throughout your day?

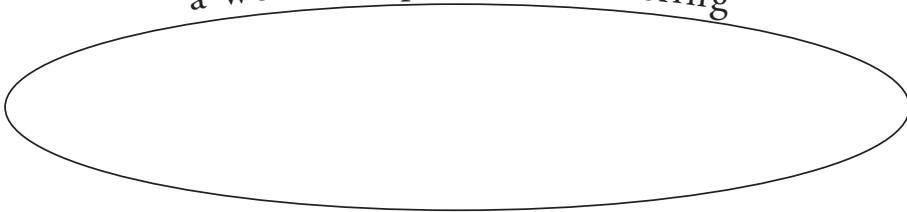
✿ DAY 36 ✿

Reading from the book of Mark

15:16-39

The soldiers mock Jesus. The death of Jesus.

a word ~ a phrase ~ a feeling



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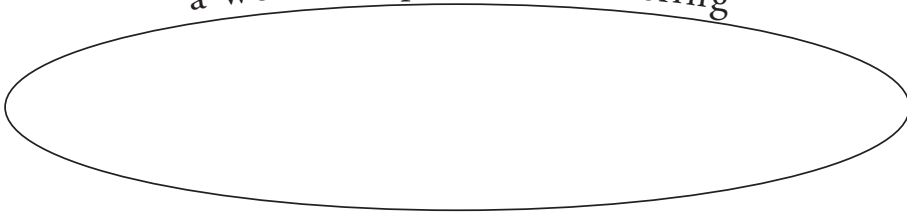
✿ DAY 37 ✿

Reading from the book of Mark

15:40-47

The burial of Jesus.

a word ~ a phrase ~ a feeling



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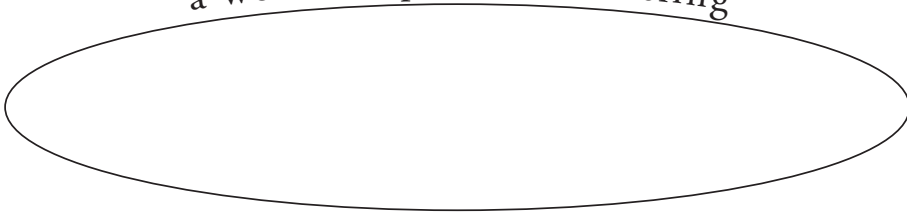
✿ DAY 38 ✿

Reading from the book of Mark

16:1-8

Jesus has Risen.

a word ~ a phrase ~ a feeling



☞ How can you incorporate your word throughout your day?

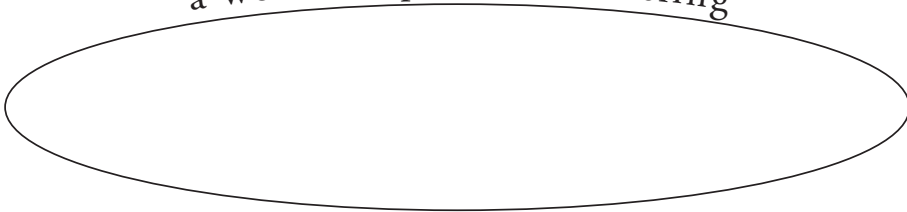
✿ DAY 39 ✿

Reading from the book of Mark

16:9-14

Jesus appears to Mary and others.

a word ~ a phrase ~ a feeling



☞ How can you incorporate your word throughout your day?

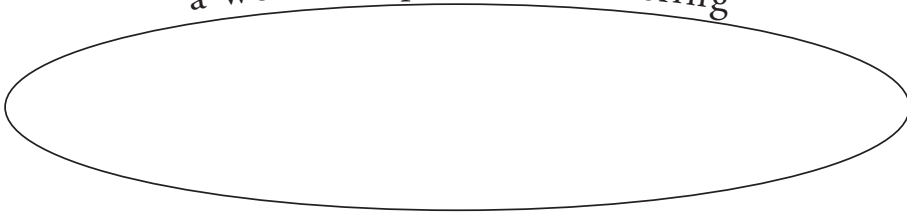
✿ DAY 40 ✿

Reading from the book of Mark

16:15-20

Jesus appears to the eleven, Jesus taken up to Heaven and sits at the right hand of God.

a word ~ a phrase ~ a feeling



☞ How can you incorporate your word throughout your day?

*Christ is Risen!
Indeed, He is Risen!*

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