

**Stepping Out...**  
**St David's Uniting Church**  
**Lent 2025 Resource**



## ***Welcome to Lent 2025.***

During this season we step out with Jesus, following the journey that led him to the cross and beyond. Within this booklet there are some tools which will help you to engage with the story of Jesus and to reflect upon how it meets your story. You might like to use these by yourself, with your family or friends, or to find a small group of others to share this journey with.

**Photo Words:** Each week has a word that you are invited to explore through photography. As you go through the week, take a picture of something (or some things) which resonate with the word. You can send to Alison to share with others in the missive.

**Gospel Reading:** We are following readings from the Gospel of Luke. You are invited to read the Lectionary Gospel reading for the week.

**Reflection Questions:** These questions are reflection starters. They seek to bring the story of Jesus into conversation with the story of your life.

**Activity for Home:** Each week we have included an activity that seeks to embody an idea from the Gospel reading. You might think of another way to practice faith each week- we would love to hear what you are doing and share it with the community.

**Lectio Divina:** Each week the Psalm set by the lectionary is suggested for *lectio divina*.

Lectio Divina is a way to pray and reflect upon a passage of Scripture. It is a deep listening for God's Spirit speaking to you as you read the text.

1. **Prepare**- Set aside a period of time, perhaps half an hour. Make sure you are comfortable. Offer this time to God in prayer.
2. **Read**- Read the Psalm slowly. See if a word, phrase or idea jumps out at you. Listen carefully and wait patiently to see what will emerge.
3. **Meditate**- Once you have found a word or phrase, ponder it. Say it aloud, memorise the verse, wonder why it has spoken to you. Allow this word to speak to you.
4. **Conversation/Response**- Talk with God about. You can have this conversation through words, drawing, journaling, meditation.
5. **Rest**- Take a moment of rest in God's good presence. Be thankful for the word you have received and the conversation you have engaged. Allow God to be at work within you.

**A quote, blessing or prayer:** This draws in wisdom from the wider church and reminds us that God gathers people from across time and space to follow after Jesus in faith, hope and love.

# Lent 1- Stepping into Wild Discipleship: Letting Go

Monday 3rd- Sunday 9<sup>th</sup> March

*Photo Word: Wilderness Gospel Reading: Luke 4: 1-13*

*Reflection Questions:*

- Where are the wilderness or wild places of your life?
- How do you step out in trust of God?
- What does wild discipleship of Jesus call you to let go of?

*Activity for Home:* Draw your feet. Creatively mark upon them (write/draw/paste/etc!) what you will seek to give over to God this week. Creatively mark upon them what is compelling you to follow after Jesus this week.

*Lectio divina:* Psalm 91: 9-16

*A blessing:*

If you would enter into the wilderness,  
do not begin without a blessing.

Do not leave without hearing  
who you are: Beloved,  
named by the One  
who has traveled this path  
before you.

- Jan Richardson

## **Lent 2- Stepping into Community: Looking Beyond Myself**

**Monday 10<sup>th</sup>- Sunday 16<sup>th</sup> March**

*Photo Word:* Belonging    *Gospel Reading:* Luke 13: 31-35

*Reflection Questions:*

- When do you lament over the city, as Jesus lamented over Jerusalem?
- How do you experience the mother-hen tenderness of God?
- How can we embody "neighbourliness" in our community life?

*Activity for Home:* Take a prayer walk around your street, workplace or somewhere else connected to your neighbourhood. Look, listen, smell, take in the neighbourhood. Pray as you go, remembering the land, the people, the activities to the Creator God.

*Lectio divina:* Psalm 27

*An Indigenous Australian lament:* "The Creator Spirit is crying because the deep spiritual bonds with the land and its people have been broken. The land is crying because it is slowly dying without this bond of spiritual life. The people are crying because they long for a restoration of that deep spiritual bond with the Creator Spirit and the land." -Rainbow Spirit Theology

## **Lent 3- Stepping out in faith: Walking in struggle**

**Monday 17<sup>th</sup>- Sunday 23<sup>rd</sup> March**

*Photo Word:* Darkness    *Gospel Reading:* Luke 13: 1-9

*Reflection Questions:*

- How do you understand Jesus' strange story about the fig tree?
- How might we see God as a patient gardener, seeking to cultivate fruit in our lives?
- What does fruitful living look like?

*Activity for Home:* Choose one of the fruit of the Spirit to cultivate in your daily life this week.

*Lectio divina:* Psalm 63: 1-8

*A thought on fig trees:* "In the Hebrew Bible the fig tree was a symbol of peace, security and prosperity in Israel; the fruitful fig was a metaphor for God's blessing (Deuteronomy 8:8; Zechariah 3:10), while a withered tree signified disaster, both symbolically (Jeremiah 8:13; Isaiah 28:3f) and as a literal consequence of war (Joel 1:7, 12)." -Ched Myers

## **Lent 4- Stepping into lavish grace: Learning to begin again (and again)**

**Monday 24<sup>th</sup>- Sunday 30<sup>th</sup> March**

*Photo Word:* Hope    *Gospel Reading:* Luke 15: 11b-32

*Reflection Questions:*

- Which character from this well known story do you identify with? Why?
- Do you see a new aspect of God if you identify with the other characters in the story?
- What would a prodigal church be like?

*Activity for Home:* Offer an act of random kindness to a stranger this week. And offer an intentional act of service to someone close to you.

*Lectio divina:* Psalm 32

*Some wise words:*

“Forgiveness is giving up all hope of having had a better past.”

-Anne Lamott

## Lent 5- Stepping into vulnerability

Monday 31<sup>st</sup>- Sunday 6<sup>th</sup> April

*Photo Word:* Fear

*Gospel Reading:* Luke 7: 36-50

*Reflection Questions:*

- Who do you choose to be vulnerable with?
- How does the idea of intimacy with God make you feel?
- What would it look like for you to anoint Jesus with your tears?

*Activity for Home:* Watch Brené Brown's TED talk on vulnerability with a friend and have a chat

[https://www.ted.com/talks/brene\\_brown\\_on\\_vulnerability?language=en](https://www.ted.com/talks/brene_brown_on_vulnerability?language=en)

*Lectio divina:* Psalm 126

*A word of wisdom:*

“To love someone fiercely, to believe in something with your whole heart, to celebrate a fleeting moment in time, to fully engage in a life that doesn't come with guarantees—these are risks that involve vulnerability and often pain. But I'm learning that recognizing and leaning into the discomfort of vulnerability teaches us how to live with joy, gratitude, and grace.”

- Brené Brown



## **Lent 6 (Palm Sunday) - Stepping into song: Risking for Jesus**

**Monday 7<sup>th</sup> - Sunday 13<sup>th</sup> April**

*Photo Word:* Blessed      *Gospel Reading:* Luke 19: 28-40

*Reflection Questions:*

- Why do you think the disciples were singing that day as Jesus entered Jerusalem?
- What were they hoping for?
- Who do you sing for?
- What do you hope for?

*Activity for Home:* What is your favourite hymn or song to sing to God. Sing it aloud. Reflect on what it means to you.

*Lectio divina:* Psalm 118: 19-29

*A quote:*

"If music is the language of the soul made audible, then human voices, raised in concert in human gatherings, are primary instruments of the soul." – Don Saliers

## **Holy Week- Stepping towards the Cross: Moving between death and life**

**Monday 14<sup>th</sup>- Sunday 20<sup>th</sup> April**

*An extra activity for this Holy week:* Read through one gospel in its entirety (Mark is the shortest, Luke is the one we are focusing upon this year in the lectionary). Feel the emotions, the action. Follow Jesus through the story. Find your place in the story.

## **Easter Sunday- Stepping onto the dance floor: The journey that leads to life      Sunday 20<sup>th</sup> April**

*Photo Word:* Dance      *Gospel Reading:* Luke 24: 1-12

*Reflection Questions:*

- When has God surprised you with something unexpected and new?
- What new things do you see around you this week?

*Activity for Home:* Listen to some of your favourite music and dance. (Given it's Easter, maybe choose something in a major key.) You can shut all the doors and blinds if you like. If you're feeling brave, find a friend and get them to dance too. If you're feeling embarrassed sit, sway, move your arms and legs or just tap your feet.

*Lectio divina:* Psalm 98

*Easter wondering:*

"It is not easy to convey a sense of wonder, let alone resurrection wonder, to another. It's the very nature of wonder to catch us off guard, to circumvent expectations and assumptions. Wonder can't be packaged, and it can't be worked up. It requires some sense of being there and some sense of engagement." – Eugene Peterson

## **Easter 2: Stepping Out leads to God's Table: The journey of feasting with Jesus**

**Monday 21<sup>st</sup> - Sunday 27<sup>th</sup> April**

*Photo Word:* Feast

*Gospel Reading:* Luke 24: 13-49

*Reflection Questions:*

- Why do you think the disciples didn't recognize Jesus?
- How did Jesus open their eyes to see him?
- How does Jesus open your eyes to see him?

*Activity for Home:* Intentionally invite someone to share a coffee or meal with you. Be lavish with your conversation and encouragement.

*Lectio divina:* Psalm 114

*Something to think about:*

“The church is God saying: 'I'm throwing a banquet, and all these mismatched, messed-up people are invited. Here, have some wine.’” — Rachel Held Evans

### **A Hard, Deep Call to Obedience**

You are the God who makes extravagant promises.  
We relish your great promises of fidelity and presence  
and solidarity,  
and we exude in them.

Only to find out, always too late,  
that your promise always comes in the midst of a hard,  
deep call to obedience.

You are the God who calls people like us,  
and the long list of mothers and fathers before us,  
who trusted the promise enough to keep the call.  
So we give you thanks that you are a calling God,  
who calls always to dangerous new places.

We pray enough of your grace and mercy among us  
that we may be among those who believe your promises  
enough to respond to your call.

We pray in the one who embodied your promise  
and enacted your call, even Jesus. Amen.

- Walter Brueggemann, in *Awed to Heaven, Rooted in Earth*

