

## Lent Season 2022

### Soul Rest Spiritual Disciplines

*(Adapted from Soul Reset: breakdown, breakthrough, and the journey to wholeness)*

#### Week Six, April 10-26 (Holy Week)

##### The Practice of Confession

*Have mercy on me, O God,  
according to your unfailing love;  
according to your great compassion  
blot out my transgressions.  
Wash away all my iniquity  
and cleanse me from my sin. Ps. 51:1-2)*

Write a daily prayer of confession. Be vulnerable with God about those times where you struggled, where you were frustrated or impatient. Consider the times when you chose to play a part and not be yourself. Being honest with ourselves and God liberates us to receive and share God's grace.

##### Prayer<sup>1</sup>

Light a candle

Let us pray. May the light of Christ reveal to us God's constant presence and love, inviting us to enter the Presence, absorb God's love, and reflect it back with all our heart. Amen.

Sing "Sanctuary" TFWS 2164

Read Phil. 2:5-7a.

We are called to imitate the self-emptying of Christ. This may be a helpful way to think of offering God our distractions in prayer. We empty ourselves of distractions over and over, just as Jesus emptied himself to be fully available to God.

Take some time grounding yourself in the words of Ps. 46:10: "Be still, and know that I am God!"

**Close singing "Come and Find the Quiet Center" TFWS 2128**

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<sup>1</sup> Based on **Opening** in *The Way of Prayer Leader's Guide*, page 72