Lent Illustrated

2017 Reflections

Seasons Illustrated

Bible Journaling

Lent Illustrated

The Fruits of the Spirit

REFLECTION JOURNAL

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THE LENT ILLUSTRATED REFLECTION JOURNAL

Hello friend, and welcome to Lent Illustrated! My name is Sara and I am the leader of the Seasons Illustrated Bible Journaling Community, as well as the creative director and head writer of the 2017 Lent Illustrated program, *Lent Illustrated: The Fruits of the Spirit*. This accompanying reflection journal was created for use alongside the *Lent Illustrated: The Fruits of the Spirit* study, and includes reflection questions for each journaling prompt, which encourage you to dig into the verse and journal your response. Additional resources for the *Lent Illustrated: The Fruits of the Spirit* study, including musical playlists, printable calendars and bookmarks, and more can be found at http://seasonsillustrated.com.

I am so happy to have you joining our community this Lent and journaling with us. I wish you and your loved ones a meaningful Lent, leading up to a joyful Easter.

Warmly,
Sara Laughed

Seasons Illustrated Bible Journaling

WEEK 1
–
ASH WEDNESDAY

"For you are dust, and to dust you shall return."

Genesis 3:9

Several years ago, artist Candy Chang made an interactive art wall where people answered the prompt, "Before I die, I want to...". Answers ranged from "accept myself" to "have a student come back and tell me it mattered." On Ash Wednesday, we are confronted with our own mortality, reminded that we, too, will return to dust one day. What do you want to do or be before that day? Is there a way you can experience a small part of that, this Lent?

WEEK 1

–

LENTEN SYMBOLS

"Then I turned my face to the Lord God, seeking him by prayer and pleas for mercy with fasting and sackcloth and ashes."

Daniel 9:3

Daniel seeks God through prayer, pleas, and fasting. How do you seek God? How do you plan to "turn your face to the Lord" this Lenten season?

WEEK 2

–

LOVE

"And you shall love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.' The second is this: 'You shall love your neighbor as yourself.' There is no other commandment greater than these."

Mark 12:30-31

In today's verse, we reflect on the call to love God with everything we have, and to love our neighbors as ourselves. Sometimes love is easy, but more often, it is a challenge and a choice. Which people or areas of your life are in need of love right now? Are you struggling to give that love, or do you find it easy? How might you turn to God as you do your best to love in His example?

WEEK 2

–

JOY

"Clap your hands, all peoples! Shout to God with loud songs of joy."

Psalm 47:1

Lent is a season of penitence and spiritual preparation. And yet, it is a joy to know that the Resurrection lies at the end of this period of waiting, because His death gives us new life. Do you feel the joy of that life, or do you struggle to accept it? What are a few ways you could experience that joy more deeply?

WEEK 3

–

PEACE

"And let the peace of Christ rule in your hearts, to which indeed you were called in one body. And be thankful."

Colossians 3:15

Especially during times of hardship or tension, it can be difficult to live in and experience the peace of Christ. And still, we are "called in one body" to let His peace *rule* in our hearts; not just to experience it, but to live it. How are you living out the peace of Christ right now? How might you live it better, this Lenten season?

WEEK 3

–

PATIENCE

"Rejoice in hope, be patient in tribulation, be constant in prayer."

Romans 12:12

Lent is a season of waiting. It is not a sprint, but a marathon: we may wait eagerly for the triumphant rise of Christ on Sunday morning, but that rise is weeks from where we stand today. As you journey through those weeks, do you struggle with patience? Or does it come naturally to you?

WEEK 4

–

KINDNESS

"Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you."

Ephesians 4:32

Lent is a time for "making room" in our hearts and lives for God and His children. Who in your life is crying out for love and kindness right now? How might you make room for them this season?

WEEK 4

–

GOODNESS

"Do not be overcome by evil, but overcome evil with good."

Romans 12:21

In today's reading, we are reminded of God's immense goodness to us, which in turn enables us to be good. Where do you see God's goodness in the world? Where do you taste it, smell it, feel it? Where has God been good to you this season?

WEEK 5

–

FAITHFULNESS

"For we walk by faith, not by sight."

2 Corinthians 5:7

Faith requires trust. Do you struggle to trust in God at times? Has there been a time where you put your faith God even when it was difficult for you? How did that experience affect you?

WEEK 5

–

GENTLENESS

"Let your reasonableness be known to everyone.
The Lord is at hand."

Philippians 4:5

When you experience the season of Lent, are you struck by the might of God? Or does God's tenderness and gentleness strike you more? Where do you see God's gentleness in your life?

WEEK 6

–

SELF-CONTROL

"For God gave us a spirit not of fear but of power and love and self-control."

2 Timothy 1:7

God has given us a spirit of *power* and *love* and *self-control*. Are there certain areas in your life where you struggle with self-control? What are they? What makes it easy for you to give in? And how might leaning on God and the promise in the above verse help you?

WEEK 6

–

FRUITS OF THE SPIRIT

"But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law."

Galatians 5:22-23

Which of the graces we have studied for the last several weeks spoke most to you? Which of these graces flourishes most in your own life? Which ones do you struggle with? Why do you think that is?

WEEK 7

–

PALM SUNDAY

"So they took branches of palm trees and went out to meet him, crying out, 'Hosanna! Blessed is he who comes in the name of the Lord, even the King of Israel!'"

John 12:13

"Hosanna" is a word associated with praise, but it also means "save us, we pray." Sometimes, God is glorified in the very places in our lives that cry out for saving. Where in your past was God present in your pain? Where in your life are you crying out for God's presence?

WEEK 7

–

MAUNDY THURSDAY

"Now as they were eating, Jesus took bread, and after blessing it broke it and gave it to the disciples, and said, 'Take, eat; this is my body.' And he took a cup, and when he had given thanks he gave it to them, saying, 'Drink of it, all of you.'"

John 12:13

Holy Week is a week of trial and pain. As we read this passage and know what Jesus knew about what lay ahead of him, how do you experience his words? What feelings do you have as we move into Good Friday and Holy Saturday?

WEEK 7

–

EASTER SUNDAY

"Jesus said to her, "Do not cling to me, for I have not yet ascended to the Father; but go to my brothers and say to them, 'I am ascending to my Father and your Father, to my God and your God.'"

John 20:17

Hallelujah! He is risen! After Holy Week and forty days of Lent, where are you most experiencing Christ's Resurrection in your life? Where do you experience new life? Where are things blossoming? Where are things just budding? Reflect and look forward.