

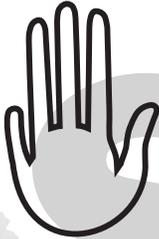
2018 LENTEN DEVOTIONAL



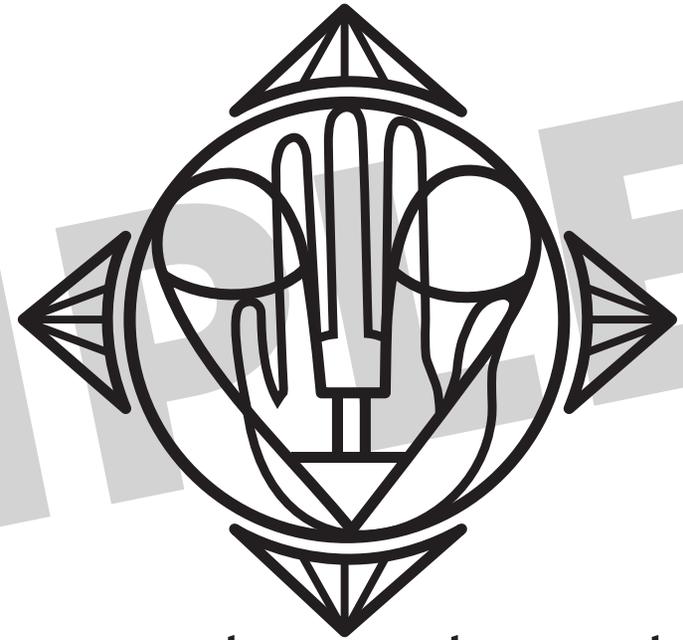
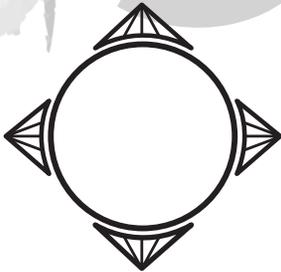
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embodied
MIND • BODY • HEART • SOUL



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COMPANION GUIDE TO
LENTEN COLORING CALENDAR
WITH REFLECTIONS & PRAYERS



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SAMPLE

This Lent, we long for a faith that engages all of who we are—mind, body, heart and soul—and invites us to be present in our bodies and in the present moment. We remember the ways Jesus integrated his humanity and divinity to fulfill his radical ministry. Similarly, we too are invited to bring all of who we are to God, to live out the love that chooses to be embodied in us.

We have designed our Lenten Coloring Calendar to be colored in day-by-day using this companion devotional as a guide. Each day we invite you to read the scripture text in your preferred translation, and identify and color in the coordinating shape on the calendar. As artists, we have written reflections on how the imagery inside the shapes are inspired by scripture. Lastly, we invite you to close your reflection time with a prayer that connects your mind, body, heart and soul to God. We hope this daily rhythm of reading, reflecting, coloring, and praying will become a powerful spiritual practice for you this season.

*Embodied faith, loving and free.
That's my prayer God, take all of me.*

Artfully yours,

The Sanctified Art Creative Team

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A Sanctified Art LLC is a collective of artists in ministry who create resources for worshiping communities. The Sanctified Art team works collaboratively to bring scripture and theological themes to life through film, visual art, curriculum, coloring pages, liturgy, graphic designs, and more. Their mission is to empower churches with resources to inspire creativity in worship and beyond. Driven by the connective and prophetic power of art, they believe that art helps us connect our hearts with our hands, our faith with our lives, and our mess with our God.

Learn more about their work at sanctifiedart.org.



READ JOEL 2:1-2, 12-17



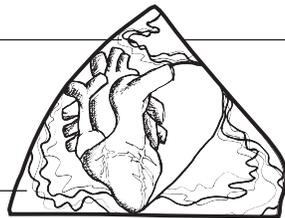
ARTIST REFLECTION

We tend to refer to the heart as simply the seat of our emotions, but in the ancient world, the heart was considered the center of vitality where emotions, thoughts, ideas, and decisions emerged. As the pulse-maker bringing life to all the body, the heart was imagined as holding the mind and soul too. I love that this season always begins with the prophet’s call to return to God with all of our heart—to rend our hearts, not our clothing. Outward displays of emotion and faithfulness mean nothing unless they come from a place deep within us. Transformation is an embodied act.

Last Lent, I was diagnosed with a rare illness that has led me on a long journey toward healing, requiring me to change all my habits—how I sleep, eat, work, rest, play. A year later, I enter this season with a new understanding of the interconnectedness of all the parts of me. Rending my heart means peeling open my whole life in surrender to God. In this image, wispy smoke encircles a two-fold heart. One half of the heart is anatomical, the other symbolic. Over these next 40 days, may we wholeheartedly offer all of who we are.



COLOR THIS SHAPE IN THE CALENDAR



PRAY *Place your hands over your heart and name all the ways you wish to grow—wholeheartedly—during this Lenten season.*



READ ISAIAH 58:1-12



ARTIST REFLECTION

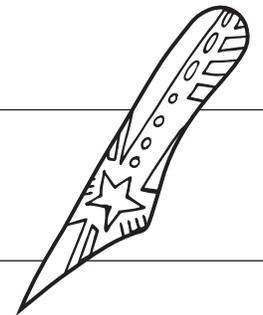
God says, “The fast I choose is to loosen the bonds of injustice . . . then your light shall break forth like the dawn” (Is. 58: 6, 10). These words from Isaiah serve as a holy nudge, a wake up call, a reminder that righteousness is not always about us turning inward, but it also requires us to look up and to look out—to care for the oppressed.

There are pieces of this scripture that remind me of the underground railroad—the promise that God will guide God’s people (v. 11); the promise that righteousness will break forth like light in the darkness (v. 8), not unlike the stars in those southern skies; the promise for the oppressed to go free (v. 6).

In honor of this call for righteousness that is simultaneously radical and liberating, I drew an image of light and its many rays. You can view it as the star over Bethlehem that began Jesus’ journey, as the North Star that led God’s people out of slavery, or as light breaking forth like the dawn. No matter how you view it, consider it a holy nudge.



COLOR THIS SHAPE IN THE CALENDAR



PRAY *What kind of fast do you choose? Commit to one way you will work for justice this Lent; offer this commitment in prayer to God.*



READ PSALM 51:1-17

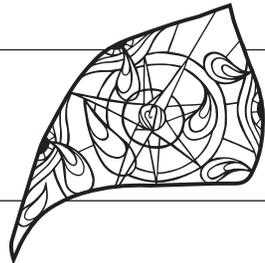


ARTIST REFLECTION

Confession: I struggle to acknowledge the weight of my sin in the world. The word “sin” itself feels distant. I have no problem understanding corporate sin and the larger systems of sin in our society; I even strive to understand my own place in those sinful structures, but I flounder in recognizing my sin in the everyday. Confession: I sin. I do things that harm people and the earth, and when I do something that displeases God, I do my best to shove that thing as far down in my heart as I can, and then I just forget about it. I’ve gotten so good at this that I almost don’t recognize the sin in the first place; it’s already hidden and forgotten. After a while, my sin festers and comes out sideways in ugly ways. I need to learn to face my sin. I need to name it for what it is, work to right that wrong, and let go of it in confession through my tears, offering it all to God. While reading this psalm, I imagined full tears pouring from my eyes, full of the sins that I normally keep bound inside. I imagined God’s tears—of sadness in response to my sin, of grace in forgiveness, and of joy in my release—were all washing over me and offering me new life. I imagined God’s tears and my own combining in a renewal of baptism, cleaning out the hidden corners of my heart.



COLOR THIS SHAPE IN THE CALENDAR



PRAY *Clench your fists tightly and offer a prayer of confession to God. Then open your hands wide and know that you are washed in grace.*



READ 2 CORINTHIANS 5:20B-6:10

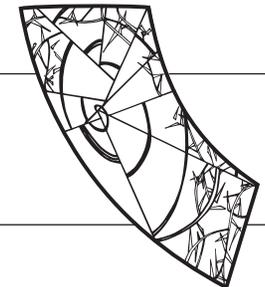


ARTIST REFLECTION

I imagined spiraling to represent the old life—life as a human—beginning in brambles, to the new creation—life in Christ—at the center. Lines protruding from the center are interruptions in perception, symbolizing Paul’s words about how the early Christians are perceived “as sorrowful, yet always rejoicing; as poor, yet making many rich; as having nothing, and yet possessing everything” (2 Cor. 6:10). The list of perceptions and realities at the end of this passage really grabbed my attention. As I think back on my years and memories, these parallels intrigue me. The fewer possessions I have, the freer I feel. When I spend more money, I do not feel happier than I did before. The counterintuitive relationship between these pairings is disarming. Yet, we find throughout the bible that the great prophets and Jesus exemplified a life of few possessions, many relationships, and many experiences. Which paired perception speaks most directly to you today?



COLOR THIS SHAPE IN THE CALENDAR



PRAY *Close your eyes and breathe deeply as you repeat this mantra several times in your head: “Having nothing, yet possessing everything.”*