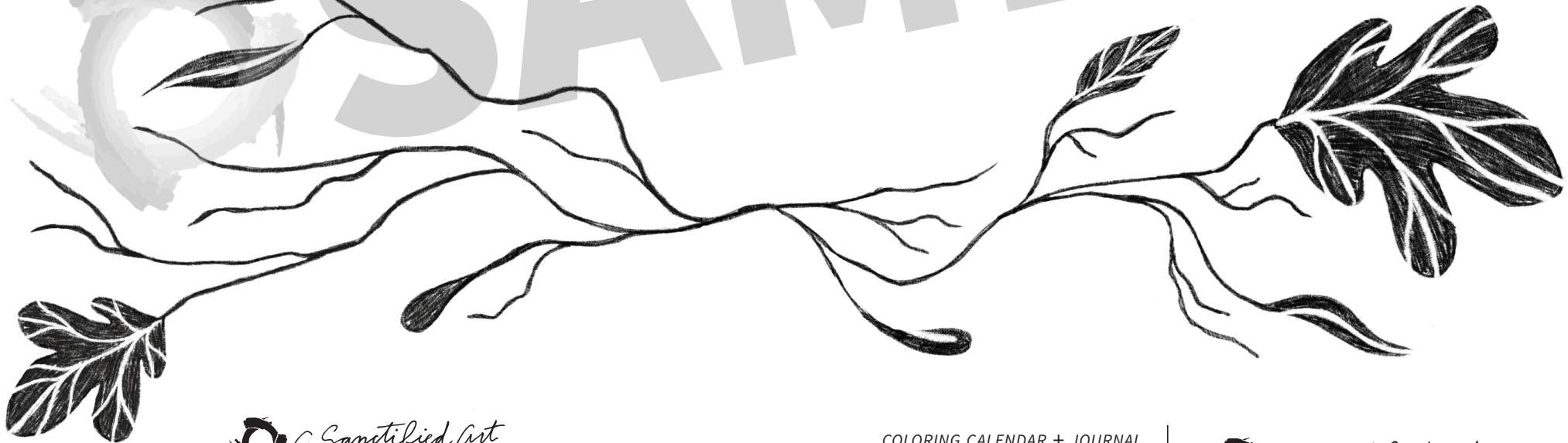



2019 LENTEN DEVOTIONAL

CULTIVATING
& LETTING GO



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COLORING CALENDAR + JOURNAL
TO PRACTICE CULTIVATING &
LETTING GO THROUGHOUT LENT



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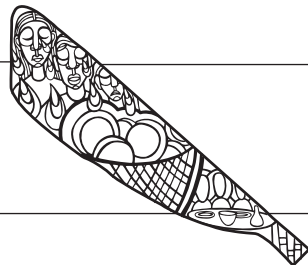
READ DEUTERONOMY 26:1-11

ARTIST REFLECTION

What a beautiful image. A full table, overflowing with the gifts of God re-given and re-distributed among the Levites and the aliens who reside among them. The native and the alien share a meal together in remembrance that their ancestors were once strangers in a land flowing with milk and honey. My ancestors, your ancestors, our ancestors, were once strangers. This text is clear; the alien resides among us and we are to celebrate all that God has given us by sharing in the bounty that God has given to our houses.

This passage reminds me of my own privilege as a white, middle-class, cisgender woman and challenges me to think of new ways I can share in my bounty. I often find myself living in a scarcity mindset, like I need to continue to Scrooge McDuck my way through this life clinging tightly to each penny that enters my bank account. I also grasp tightly to the ease with which I interact with the systems of this country; my privilege has become a comforting friend, a safety blanket. I need to live with open hands, emptying the first fruits of the ground, the fruits of my labor, the tainted fruits of my privilege and offer them back to God. In doing so, I honor my ancestors, and share in abundance with my community— the full extent of my community. We need to see, value, respect, listen to, and learn from the alien among us. We need to face their affliction, toil, and oppression, and let it break our hearts and do something about it. The aliens among us are cause for celebration.

COLOR THIS SHAPE
IN THE CALENDAR
THROUGHOUT THE WEEK



A letter to someone I love

Dear loved one—

I hope you let go.

I hope you let go of holding yourself to impossible standards.

Lower the bar. Give yourself grace.

God delights in who you are.

And while you're at it, I hope you let go of ignoring your beauty.

The mirror is tired of your harsh words, for you are made of star stuff and music.

You are the only you there is, and you. are. simply. stunning.

And I hope you'll consider letting go of certainty.

For the sun will always rise and set, and you will always be loved.

What more do we really need to know than that?

So let go of your fear.

Let go of perfection.

Let go of busyness as a sign of your self worth,

And the notion that creativity is a luxury.

Be wild and free.

Plant roots like a redwood,

And a spine like a sunflower;

For the days are short, and you are beautiful.

I love nothing more than to see you happy.

So don't be afraid to let go.

The only thing you cannot lose is God's evergreen love.

PRAYER BY SARAH ARE





CULTIVATING

Fill in the blank. Then, in the space below, reflect on why and how you will cultivate this. Conclude your journaling with a spoken or silent prayer to God.

THIS WEEK I WISH TO CULTIVATE _____

LETTING GO

Fill in the blank. Then, in the space below, reflect on why and how you will let go of this. Conclude your journaling with a spoken or silent prayer to God.

THIS WEEK I WISH TO LET GO OF _____

OSA

Sample