



ASH WEDNESDAY

Wandering Heart:

"Tune my heart"

Centering practice | Center yourself through music.
Listen to a song that moves you.

Question | What habit, mindset, or emotion would you like to leave behind this Lenten season?

1



WEEK OF ASH WEDNESDAY | THURSDAY

Wandering Heart:

"Tune my heart"

Centering practice | Center yourself through music.
Listen to a song that moves you.

Question | If you could give your faith life a "tune up," what would you focus on? What would you hope to strengthen or improve?

2



WEEK OF ASH WEDNESDAY | FRIDAY

Wandering Heart:

"Tune my heart"

Centering practice | Center yourself through music.
Listen to a song that moves you.

Question | The psalmist prays, "Create in me a clean heart, O God" (Ps. 51:10). What is your prayer for yourself this Lenten season?

3



WEEK OF ASH WEDNESDAY | SATURDAY

Wandering Heart:

"Tune my heart"

Centering practice | Center yourself through music.
Listen to a song that moves you.

Question | Tune into yourself. How are you feeling emotionally, spiritually, mentally, and physically? What is weighing you down? What is giving you life?

4



THE FIRST WEEK OF LENT | SUNDAY

Wandering Heart:

"Jesus sought me"

Centering practice | Center yourself in silence. Sit in the quiet for 5 minutes. Allow your thoughts to pass by like a stream. Be still and listen.

Question | Jesus comes to Peter, seeking him out (Lk. 5:1-11). How does it feel to imagine Jesus seeking you out? What comfort does that provide?

5



THE FIRST WEEK OF LENT | MONDAY

Wandering Heart:

"Jesus sought me"

Centering practice | Center yourself in silence. Sit in the quiet for 5 minutes. Allow your thoughts to pass by like a stream. Be still and listen.

Question | When Peter and Jesus first meet, they catch an abundance of fish (Lk. 5:1-11). What in your life feels abundantly good?

6



THE FIRST WEEK OF LENT | TUESDAY

Wandering Heart:

"Jesus sought me"

Centering practice | Center yourself in silence. Sit in the quiet for 5 minutes. Allow your thoughts to pass by like a stream. Be still and listen.

Question | What are you seeking?

7



THE FIRST WEEK OF LENT | WEDNESDAY

Wandering Heart:

"Jesus sought me"

Centering practice | Center yourself in silence. Sit in the quiet for 5 minutes. Allow your thoughts to pass by like a stream. Be still and listen.

Question | Jesus sends the disciples into "deep water" (Lk. 5:1-11). What does that image bring to mind? Does deep water feel risky, holy, challenging, or awe-inspiring?

8



Prayer

Great Musician, you know when I am playing out of key. You know when I am starting my days with half-energy, half-heart, or half-hope. So today I pray: give my faith a “tune up.” Help me return to you even more faithful than before. Gratefully I pray, amen.



Prayer

Great Musician, as I settle into this Lenten season, guide my path. Give me the wisdom and the strength to leave behind the things that distract or discourage. I want more open space in my life. I want more open space for you. Amen.



Prayer

God of the here and now, you know my entire being. You know my feelings, my fears, and my heart. Sift through all that I am carrying today and turn my attention to the good that remains. In a world of waves, thank you for being steadfast. Amen.



Prayer

Holy God, I could pray for you to create in me a clean heart. I could pray for you to wipe away my distractions. I could pray for you to settle my spirit on the side of joy. I could pray for peace in the world and peace with me. I could pray for an abiding sense of your presence—like a shadow at my heels. I could pray for all of these things, and so I will. God, hear these prayers. Take them all. Be with me. Amen.



Prayer

Gracious God, it is easy for me to cling to scarcity, to focus on what could run dry, run out, or come up empty. Yet, in the midst of that scarcity mindset, the fishing nets almost break, full of fish. Flip my perspective. Show me the nets. Remind me that life with you has abundant beauty and love. Remind me that there is no end to goodness with you at my side. Amen.



Prayer

Seeking God, it is hard for me to imagine that you would come looking for me. What do I offer? What can I provide? Despite my unbelief, I know deep in my bones that nothing could keep you away. Thanks be to God for a love like that. Amen.



Prayer

God of the sea, I long for a faith that takes me into deep water. I long for a faith that leaves the safety and the shallows of the shore for deeper relationship, deeper faith, and deeper wonder. However, despite my longings, fear always finds me. Challenge me to follow you even when the invitation feels risky. I don't want to stay in the shallows. I want to follow you into the deep. Amen.



Prayer

Holy God, the world tells me to seek after status and wealth, but the things I seek are deeper than that. I want connection and belonging. I want bread and roses. I want beauty and delight. I want to laugh until I cry and to feel you in the room when I pray. Keep pulling my seeking heart into deeper waters. Do not let me stray from the things that truly matter. Amen.



THE FIRST WEEK OF LENT | THURSDAY

Wandering Heart:

"Jesus sought me"

Centering practice | Center yourself in silence. Sit in the quiet for 5 minutes. Allow your thoughts to pass by like a stream. Be still and listen.

Question | What is the beginning of your faith story?

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THE FIRST WEEK OF LENT | FRIDAY

Wandering Heart:

"Jesus sought me"

Centering practice | Center yourself in silence. Sit in the quiet for 5 minutes. Allow your thoughts to pass by like a stream. Be still and listen.

Question | Peter doubted that he was worthy of Jesus' presence. What helps you remember and hold onto your self-worth?

10



THE FIRST WEEK OF LENT | SATURDAY

Wandering Heart:

"Jesus sought me"

Centering practice | Center yourself in silence. Sit in the quiet for 5 minutes. Allow your thoughts to pass by like a stream. Be still and listen.

Question | Jesus calls Peter to be a "fisher of people" (Lk. 5:1-11). What might God be calling you to be in this season of life?

11



THE SECOND WEEK OF LENT | SUNDAY

Wandering Heart:

"Rescue me from danger"

Centering practice | Center yourself in prayer. Pray to God using this template: "God, thank you for _____. God, rescue me from _____."

Question | What truths or wounds weigh heavily on you today? What things cause you to sink?

12



THE SECOND WEEK OF LENT | MONDAY

Wandering Heart:

"Rescue me from danger"

Centering practice | Center yourself in prayer. Pray to God using this template: "God, thank you for _____. God, rescue me from _____."

Question | When the storms in your life rage, what do you do? How do you pray? Where do you go?

13



THE SECOND WEEK OF LENT | TUESDAY

Wandering Heart:

"Rescue me from danger"

Centering practice | Center yourself in prayer. Pray to God using this template: "God, thank you for _____. God, rescue me from _____."

Question | Peter gets out of the boat and walks toward Jesus (Mt. 14:22-33). When in your life have you intentionally moved closer to Jesus? What prompted that?

14



THE SECOND WEEK OF LENT | WEDNESDAY

Wandering Heart:

"Rescue me from danger"

Centering practice | Center yourself in prayer. Pray to God using this template: "God, thank you for _____. God, rescue me from _____."

Question | Who in our world needs rescuing right now? Pray for those people today.

15



THE SECOND WEEK OF LENT | THURSDAY

Wandering Heart:

"Rescue me from danger"

Centering practice | Center yourself in prayer. Pray to God using this template: "God, thank you for _____. God, rescue me from _____."

Question | When Peter begins to sink, Jesus reaches for him immediately (Mt. 14:22-33). What does this tell you about God? About Jesus? About the storms of our life?


16

Prayer



Gracious God, scripture is full of stories where you call ordinary people to do extraordinary things. In a world that often tells us to hustle and fight for our self-worth, that truth causes me to pause. Is it possible that you could be calling me just like you called Peter?

Remind me that my worth is not rooted in the things of the world. My worth is rooted in you. Make me brave enough to trust it. Amen.


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Prayer



Jesus Christ, you met Peter on a boat, on a normal day at sea. I imagine you have done the same for me.


I imagine you have met me a thousand times, in a thousand ways, before I ever realized you were near. Thank you for meeting me over and over again. Thank you for giving me the chance to begin. Thank you for the chance to make this faith my own. Amen.

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Prayer



Holy God, I cannot escape the waves. The levees give out. The storm waters keep rising. It's everything you already know: the wars, the gun violence, the lonely dinner tables, and the need for healing. Some days it almost feels too much, so today I ask: hold my weight in your hands. Help me float again. Keep my head above these waters. Amen.

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Prayer



Calling God, I do not simply want to follow the yellow brick road of life that society has laid out for me.

I want to follow you. I want to go where you call me. I want to be the person you know I can be. So in this Lenten season, help me listen for the next right thing.


Give me the patience to discern what the next season could hold. Amen.

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Prayer




Seeking God, you know that there are some days when I run to you—days when I am wise and strong, centered and rooted. But you know that there are other days when I am like a leaf in the wind—tossing and rolling, carried by a different stream. Help me to be intentional in my seeking. Plant a passion deep in my gut to find you under every rock and around every turn. Like Peter, I want to get out of my boat. Like Peter, I always want to walk toward you. Amen.

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Prayer




Hey God, it's me. I'm back again. The rain is coming down slant and the world feels cold, so once more I return to you in prayer. On days like these, give me the strength to find you between the thunder claps. Give me the wisdom to breathe deeply, to stay curious, and to look for your goodness in the world. My prayers are unending. My gratitude is the same. Amen.

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Prayer




Holy God, on my worst days I cling to the fact that you reached out immediately. When Peter began to sink, you did not hesitate. Remind me of that truth when I am knee-deep in the swells. You are a God who reaches. Never let me forget it. Amen.

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Prayer



Saving God, I cannot fix the broken places in the world, but I can bring them to you in prayer. So today I pray for all the places where storms rage. God, hear the sound of the military planes and the children who cry. Hear the hurtful words uttered in heated moments and the grief-stricken funeral eulogies. Hear our brokenness and draw close to us now. And as you do, we will keep our eyes on the horizon—looking for you amidst the waves. Amen.

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THE SECOND WEEK OF LENT | FRIDAY

Wandering Heart:

"Rescue me from danger"

Centering practice | Center yourself in prayer. Pray to God using this template: "God, thank you for _____. God, rescue me from _____."

Question | Jesus tells Peter, "Take heart, it is I; do not be afraid" (Mt. 14:22-33). Where in your life do you need courage?

17



THE SECOND WEEK OF LENT | SATURDAY

Wandering Heart:

"Rescue me from danger"

Centering practice | Center yourself in prayer. Pray to God using this template: "God, thank you for _____. God, rescue me from _____."

Question | When Peter sinks, Jesus asks, "Why did you doubt?" (Matt. 14:22-33). Do you think Peter doubted himself or Christ? How does doubt show up in your life?

18



THE THIRD WEEK OF LENT | SUNDAY

Wandering Heart:

"Praise the mount"

Centering practice | Center yourself in scripture. Read Psalm 51:1-17 a few times through.

Question | When in your life have you felt closest to God? What are some of the "mountaintop" moments in your faith?

19



THE THIRD WEEK OF LENT | MONDAY

Wandering Heart:

"Praise the mount"

Centering practice | Center yourself in scripture. Read Psalm 25:1-10 a few times through.

Question | In your own words, how would you describe Jesus? Who do you say that Jesus is?

20



THE THIRD WEEK OF LENT | TUESDAY

Wandering Heart:

"Praise the mount"

Centering practice | Center yourself in scripture. Read Psalm 22:23-31 a few times through.

Question | What actions feel like praise for you?

21



THE THIRD WEEK OF LENT | WEDNESDAY

Wandering Heart:

"Praise the mount"

Centering practice | Center yourself in scripture. Read Psalm 19 a few times through.

Question | When did your faith become your own? What do you remember about that moment or season?

22



THE THIRD WEEK OF LENT | THURSDAY

Wandering Heart:

"Praise the mount"

Centering practice | Center yourself in scripture. Read Psalm 107:1-3, 17-22 a few times through.

Question | Conviction can be a powerful tool. What are 3 things you feel convicted about?

23



THE THIRD WEEK OF LENT | FRIDAY

Wandering Heart:

"Praise the mount"

Centering practice | Center yourself in scripture. Read Psalm 119:9-16 a few times through.


Question | What places feel like "mountaintop" places for your faith?

24

Prayer




Loving God, sometimes it feels easier to trust you than to trust myself. I doubt my ability to make a difference. I doubt my ability to speak clearly or to follow you consistently. I swim laps in the deep waters of my own self-doubt. So today I pray: when those narratives begin to howl, remind me that before my doubt learned to speak, you were calling me good. Drain that pool of doubt that I swim in and invite me once more to stand. Amen.

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Prayer




God of the wind, how often do I cling to the edge of the boat? How often do I allow fear or my own insecurities to win? Create in me a brave heart. Put your voice alongside my own. Help me speak with courage even when my voice shakes. The storm may rage, but I know, I am not alone. Amen.

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Prayer




Jesus of Nazareth, you are the miracle-maker. You are the host of all, the friend to the sick, the hand in the storm. You are the ribbon on God's finger and the wind in the air. You are human and God, teacher and friend. If people ask, make sure my voice does not shake. If people ask, give me the courage to say that you are love and love alone. Amen.

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Prayer




God of the mountain, I relive the moments when I have felt closest to you. I cling to memories of easy faith and mountaintop joy. Allow those holy ground memories to strengthen me. And when I find myself in the valley, carry my memories back to the mountain. With hope I pray, amen.

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Prayer




Holy God, maybe it was the first time I saw snow. . . Maybe it was when the floor fell out from under me. . . Maybe it was the day I fell in love, or my first bible study. Whenever it was that my faith became my own, you were there. So today I ask: continue to make this faith my own. Create in me a faith-seeking heart. With hope I pray, amen.

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Prayer




Creator God, may my song be praise. May the small prayers I whisper under my breath be praise. May the food I make—and the friends I invite over to eat it—feel like praise. May the late-night dancing in the kitchen, and the laying on the floor to give the dog belly rubs, feel like praise. May most of it and all of it feel like praise, for you are worthy. Amen.

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Prayer




God, for my grandmother's front porch and the dock at summer camp, for the old creaky church pew we sat in every Sunday, and the corner coffee shop table where my pastor prayed for me—I give you thanks. These ordinary places have become holy ground memories. May their ordinary transformation from nothing to something remind me that no matter where I am, you meet me there. With gratitude for the mountain, the valley, and the holy mile markers along the way I pray, amen.

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Prayer



Holy God, if my soul does not yearn and burn for something, then how can I possibly make a difference? Tend the fire in my core. Ignite passion and conviction in me, enough to prompt action. For I do not want these days to blur together in easy monotony. I want these days to burn bright with your love. Amen.

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THE THIRD WEEK OF LENT | SATURDAY

Wandering Heart:

"Praise the mount"

Centering practice | *Center yourself in scripture.
Read Psalm 16 a few times through.*

Question | Jesus affirms Peter, calling him the "rock of the church" (Mt. 16:13-20). What affirmations have helped you live into your call or trust your God-given gifts?

25



THE FOURTH WEEK OF LENT | SUNDAY

Wandering Heart:

"I'm fixed upon it"

Centering practice | *Center yourself through gentle movement. Stretch your body.*

Question | Jesus shares a hard truth with Peter that challenges his faith (Mt. 16:21-23). What truths or events have challenged your faith?

26



THE FOURTH WEEK OF LENT | MONDAY

Wandering Heart:

"I'm fixed upon it"

Centering practice | *Center yourself through gentle movement. Stretch your body.*

Question | How are you growing right now? Are you experiencing growing pains?

27



THE FOURTH WEEK OF LENT | TUESDAY

Wandering Heart:

"I'm fixed upon it"

Centering practice | *Center yourself through gentle movement. Stretch your body.*

Question | What is a good thing in your life that you cling to?

28



THE FOURTH WEEK OF LENT | WEDNESDAY

Wandering Heart:

"I'm fixed upon it"

Centering practice | *Center yourself through gentle movement. Stretch your body.*

Question | In this season, what are you learning?

29



THE FOURTH WEEK OF LENT | THURSDAY

Wandering Heart:

"I'm fixed upon it"

Centering practice | *Center yourself through gentle movement. Stretch your body.*

Question | What do you need to hold loosely?

30



THE FOURTH WEEK OF LENT | FRIDAY

Wandering Heart:

"I'm fixed upon it"

Centering practice | *Center yourself through gentle movement. Stretch your body.*

Question | When and how have you changed your mind?

31



THE FOURTH WEEK OF LENT | SATURDAY

Wandering Heart:

"I'm fixed upon it"

Centering practice | *Center yourself through gentle movement. Stretch your body.*





Question | God's plans do not always align with our plans. What does this teach us about God? About us? About faith?

32

Prayer







Risk-taking God, you never said a life of faith would be easy. The suffering of this world presses up against my tender heart and asks questions that I do not have answers for. When those challenges arise, meet me in the middle. Hold my heart tenderly as I throw questions at the sky. I trust that you are listening. I trust that you are there. Amen.

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Prayer






Calling God, you never let us walk this path alone. You surround us with saints and friends who affirm our call. When those saints and friends echo the call that you see in my life, help me to hear it. Quiet my temptation to dismiss praise or affirmation as if it is nothing more than a clanging gong or a clashing cymbal. You affirmed Peter. Allow me to accept affirmation in my own life as well. With gratitude I pray, amen.

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Prayer







Gracious God, it can be easy to look at my day and pay attention to what was hard or draining, but that is not the way I want to see my life. Instead, help me look at my days and see the good. Wrap my fingers around the beauty of this world. Help me cling tightly to the sound of my best friend's laughter, to the joy of a bright pink sunrise, and the sure confidence that you never leave us alone. Amen.

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Prayer






Gracious God, I do not want to stay stagnant, but growth is never easy. When my own growing pains catch up with me, remind me that even Peter had to change his mind. Bless my growth. Bless my curiosity. Bless this winding journey as I find my way home, again and again and again. Amen.

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Prayer







God, open both my hands. Spread my fingers wide. Let the weight of the world run through. Release my grip on control. Release my grip on the desire to be the best. Hold me tightly so that I can hold what is heavy loosely. With open hands, I pray. Amen.

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Prayer







God, I am learning about the contours of my heart. I am learning about the places I carry shame. I am learning the limit of my "yes" and where I need to say "no." I am learning to lament. I am learning that time is a drumbeat that only gets faster. I am learning that you are in the little things, and the Spirit is by my side. God, I am learning. Do not let me stop. Amen.

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Prayer







Holy God, I make plans. I fill calendar pages. I etch things into stone, and then a pandemic comes. And then the world turns upside down. And then love falls apart, or falls back together, and plans go out the window. Remind me that you hold the world in your hands. You may hold goodness for my life that I cannot even imagine yet. So if I am fixed to anything, let me be fixed to you. Humbly I pray, amen.

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Prayer



Holy God, Peter is fixed on the idea that Jesus will live (Mt. 16:21-23). He wants death to be out of the picture, and yet Jesus was fixed on his mission. When I feel like Peter, when I am eager to dig my heels in and declare the hill that I will die on, soften my heart. Remind me that there are times when changing my mind may be a step closer to you. Amen.

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THE FIFTH WEEK OF LENT | SUNDAY

Wandering Heart:

"Teach me"

Centering practice | Center yourself through journaling. Spend a few minutes writing about the joys and concerns on your heart.

Question | What questions would you like to ask God?

33



THE FIFTH WEEK OF LENT | MONDAY

Wandering Heart:

"Teach me"

Centering practice | Center yourself through journaling. Spend a few minutes writing about the joys and concerns on your heart.

Question | Where in your life are you hungry to be a student? What would you like to learn more about?

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THE FIFTH WEEK OF LENT | TUESDAY

Wandering Heart:

"Teach me"

Centering practice | Center yourself through journaling. Spend a few minutes writing about the joys and concerns on your heart.

Question | Who in your life needs forgiveness?

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THE FIFTH WEEK OF LENT | WEDNESDAY

Wandering Heart:

"Teach me"

Centering practice | Center yourself through journaling. Spend a few minutes writing about the joys and concerns on your heart.

Question | Who in your life models healthy curiosity? What can you learn from them?

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THE FIFTH WEEK OF LENT | THURSDAY

Wandering Heart:

"Teach me"

Centering practice | Center yourself through journaling. Spend a few minutes writing about the joys and concerns on your heart.

Question | When you hear Jesus' disciples call him "Teacher," what does it tell you about God? What does it tell you about us?

37



THE FIFTH WEEK OF LENT | FRIDAY

Wandering Heart:

"Teach me"

Centering practice | Center yourself through journaling. Spend a few minutes writing about the joys and concerns on your heart.

Question | When in your life have you received grace? How did it impact you?

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THE FIFTH WEEK OF LENT | SATURDAY

Wandering Heart:

"Teach me"

Centering practice | Center yourself through journaling. Spend a few minutes writing about the joys and concerns on your heart.

Question | Is there anything you need to forgive yourself for? If so, how do you find forgiveness for yourself?

39



HOLY WEEK | PALM / PASSION SUNDAY

Wandering Heart:

"Songs of loudest praise"

Centering practice | Center yourself in breath. Place one hand on your belly and one on your heart. Inhale for 4 counts, hold for 4, and exhale for 4.


Question | Hosanna means "save us." What in your life or the world needs saving?

40

Prayer



Holy God, on my worst days, I can live like I have all the answers. On my best days, however, I know that there is more I have to learn—about myself, about you, and about my neighbor. Show me how to be a student again. Pull back the curtain on my complacency so that in every interaction I am looking for ways to learn. And if there is a particular area you want me to grow, place that passion in my heart. With hope, I pray. Amen.

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Prayer




Jesus, I wish that, like Peter, I could sit down in your presence and learn from you. I would raise my hand high, eager to ask questions, eager to understand more. Instead, all I can do is raise my prayers. So meet me here. See how my hand is raised. Nurture playful curiosity in me as only a teacher can while also comforting the deep rumbling questions that haunt me. With gratitude I pray, with gratitude I wonder. Amen.

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Prayer




Jesus, you are our original teacher. Over and over again, you inspired curiosity, empathy, and compassion in your disciples. Just as the disciples learned from you, help me to learn from the wise people you have placed in my life. Open my eyes to see what they see. Soften my heart to allow for growth. Open my mind up to learn from others' experiences—so that I am more and more like you. With hope I pray, amen.

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Prayer




Forgiving God, you tell Peter to forgive seventy-times-seven (Mt. 18:15-22). I want to follow your instructions, but forgiveness has never felt that easy. How do I forgive when the hurt still lingers? How do I put mercy into my words? You want grace for this world. Show me how to follow in your footsteps. Show me how to forgive. Amen.

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Prayer




God of Grace, there is no limit to your kindness. No matter how many times I lose my way or fall short, you are always running to meet me with open arms. I cannot shake your mercy. I cannot lose your love. You are *always* there for me. Teach me how to love people like that. Teach me how to be persistent in mercy, resilient in love, and overflowing with grace. I want to be more like you. Amen.

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Prayer




Holy Teacher, like the eager kid in class, I want to raise my hand and ask you a million questions. I want to sit at your feet and listen to you describe the ways of the world, the ways of love, the ways of grace. What a comfort it is to know that I am free to learn and grow with you. What a comfort it is to know that you are always teaching and always guiding, which means you don't expect me to be perfect already. Thank you for the room to grow. I hope to take up all of it! Amen.

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Prayer




Palm Sunday God, where do I begin? This world needs so much saving. Save us from our greed, from our addiction to violence. Save us from the trap of a single story, and the arrogance to assume we always know best. Save us from hatred and vitriol. Save the waters and the air from our pollution. Save our hearts from complacency and apathy. Save us. Save me. Hosanna! Amen.

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Prayer



God of Grace, I am quite the work in progress. Why is it often easier to forgive someone else than it is to forgive myself? I can be quick to offer grace to my neighbor while doling out harsh words to myself. Allow me to grant myself the same grace and patience that I would grant my neighbor. May that unfurling grace be a reminder that we are called to love our neighbors as ourselves. With growing pains and constant hope I pray. Amen.

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HOLY WEEK | MONDAY

Wandering Heart:

"Songs of loudest praise"

Centering practice | Center yourself in breath. Place one hand on your belly and one on your heart. Inhale for 4 counts, hold for 4, and exhale for 4.

Question | Palm Sunday is a holy parade, a peaceful protest. What cause would you march for?

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HOLY WEEK | TUESDAY

Wandering Heart:

"Songs of loudest praise"

Centering practice | Center yourself in breath. Place one hand on your belly and one on your heart. Inhale for 4 counts, hold for 4, and exhale for 4.

Question | Does it feel easy or hard to talk about your faith in public? Why?

42



HOLY WEEK | WEDNESDAY

Wandering Heart:

"Streams of mercy"

Centering practice | Center yourself in breath. Place one hand on your belly and one on your heart. Inhale for 4 counts, hold for 4, and exhale for 4.

Question | When Jesus washes Peter's feet, Peter cries, "Not just my feet, but my hands and my head as well!" (Jn. 13:1-20) Have you ever longed for a faith like that?

43



HOLY WEEK | MAUNDY THURSDAY

Wandering Heart:

"Prone to leave the God I love"

Centering practice | Center yourself in breath. Place one hand on your belly and one on your heart. Inhale for 4 counts, hold for 4, and exhale for 4.

Question | What does the lyric, "Prone to leave the God I love" bring to the surface for you? How does it make you feel?

44



HOLY WEEK | GOOD FRIDAY

Wandering Heart:

"Prone to leave the God I love"

Centering practice | Center yourself in breath. Place one hand on your belly and one on your heart. Inhale for 4 counts, hold for 4, and exhale for 4.

Question | What are you lamenting?

45



HOLY WEEK | HOLY SATURDAY

Wandering Heart:

"Prone to leave the God I love"

Centering practice | Center yourself in breath. Place one hand on your belly and one on your heart. Inhale for 4 counts, hold for 4, and exhale for 4.

Question | Have you ever run away from something because you were scared or because it was hard? What did you learn?

46



EASTER SUNDAY

Wandering Heart:

"And I hope"

Centering practice | Center yourself in darkness and light. Light a candle. Honor the darkness and see how the light shines.

Question | Peter runs to the empty tomb (Lk. 24:1-12). What are you running toward?

47



EASTER WEEK | MONDAY

Wandering Heart:

"And I hope"

Centering practice | Center yourself in darkness and light. Light a candle. Honor the darkness and see how the light shines.


Question | What gives you hope?

48

Prayer




Jesus of Nazareth, we live in a world that has declared “no religion at the dinner table.” In that same spirit of compartmentalization, I am guilty of keeping my faith tucked away, a private devotion for quiet moments. That is not the way I want to live. This love was never meant to be quiet. This love was meant to be told, celebrated, shared, and spread. So when the cock crows in my own life, let me speak with conviction. Amen.

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Prayer




God of the holy parade, many faithful folks have followed in your footsteps over the years—marching for justice and peace. When your holy parade comes my way, give me the courage to join the fold. Do not let me stand along the wall, a quiet bystander. Instead, spark courage in my heart to pick up a palm branch and to join the song.
With an eager heart I pray, amen.

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Prayer




Gracious God, the words, “prone to leave the God I love” crack my heart in two. For try as I might, the truth of my life is clear. I will leave. I will deny. I will fall asleep. I will run and hide. Forgive me for leaving when love is so close. Forgive me for allowing fear to win. Forgive this wandering heart of mine for wandering away. Bring me back. Amen.

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Prayer



Holy God, not a day passes when I do not wish to know you better. Not a day passes when I do not wish to catch a glimpse of you in my midst. Like the desert longs for water, so I long for you. So today I pray: rain down on me. Rain down on me with streams of mercy.
Wash not only my feet, but my head and my hands as well. Amen.

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Prayer




Gracious God, my wandering heart loves to flee. How many times have I run when the conversation got hard? How many times have I shied away from the truth because it was painful? Like a parent with a child, scoop me back up and bring me close to your heart again. Give me the courage to stay, to talk, to listen, and to change when needed. Humbly I pray, amen.

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Prayer




Jesus of the garden, you know what lament feels like. You know what grief looks like. You know what praying through the night sounds like. So today I bring you my prayers of lament. See the cracks in my heart that weigh heavily on me. See the places where I carry grief. Hear my cries in the garden in the middle of the night and meet me here. Be my comfort.
Be my sun after the night. Amen.

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Prayer




Gracious God, I am buoyed by the sunrise and the smell of freshly baked bread. I am carried by the conversations that sound like, “Tell me your name,” “I love you,” and, “You don’t walk alone.” I am renewed by churches with open doors, and tables with open invites. Yes, hope finds me all over the place. Hope reminds me one hundred times a day that you are close, so keep tuning my heart to sing that song. Amen.

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Prayer



God of the garden, just as Peter ran toward you on that Easter morning, I too am running. I am running toward a stronger sense of self. I am running toward my call. I am running toward deeper relationships and deeper faith. I am running into the arms of love.
Like Peter, I run toward you. Wait for me.
I am on my way. Amen.

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EASTER WEEK | TUESDAY

Wandering Heart:

"And I hope"

Centering practice | Center yourself in darkness and light. Light a candle. Honor the darkness and see how the light shines.

Question | What things, people, and events fill you with awe?

49



EASTER WEEK | WEDNESDAY

Wandering Heart:

"And I hope"

Centering practice | Center yourself in darkness and light. Light a candle. Honor the darkness and see how the light shines.

Question | How would you describe where you are in your faith journey?

50



EASTER WEEK | THURSDAY

Wandering Heart:

"And I hope"

Centering practice | Center yourself in darkness and light. Light a candle. Honor the darkness and see how the light shines.

Question | What emotions are you experiencing this first week of Easter?

51



EASTER WEEK | FRIDAY

Wandering Heart:

"And I hope"

Centering practice | Center yourself in darkness and light. Light a candle. Honor the darkness and see how the light shines.

Question | How did you grow or learn during this Lenten season?

52



EASTER WEEK | SATURDAY

Wandering Heart:

"And I hope"

Centering practice | Center yourself in darkness and light. Light a candle. Honor the darkness and see how the light shines.

Question | Where are you experiencing new life? Where are you beginning again?

53



SECOND WEEK OF EASTER | SUNDAY

Wandering Heart:

"Here's my heart"

Centering practice | Center yourself in gratitude. Create a list of 10 things that you are grateful for.

Question | What have you learned from Peter's journey of faith?

54



SECOND WEEK OF EASTER | MONDAY

Wandering Heart:

"Here's my heart"

Centering practice | Center yourself in gratitude. Create a list of 10 things that you are grateful for.

Question | Where do you feel called to serve, grow, or give in the coming weeks?

55



SECOND WEEK OF EASTER | TUESDAY

Wandering Heart:

"Here's my heart"

Centering practice | Center yourself in gratitude. Create a list of 10 things that you are grateful for.

Question | What feeds you spiritually?

56



Prayer

God, I am somewhere between the upper room and the garden. I am somewhere between the garden and the mountain top. I am somewhere between the cross and the foot washing. I am somewhere in between. Continue to guide my faith into deeper waters. Do not let this faith grow still or stagnant, for I am not done looking for you. With hope I pray, amen.



Prayer

Resurrecting God, Easter leaves me breathless. Easter leaves me speechless and hopeful, eager and awestruck. Easter tethers my wandering heart to you, as only awe can. So may every other moment of awe bring me back to you as well. May every starry night, first step, flower in spring, and sunrise bring me back to you—like muscle memory. I am speechless and hopeful, eager and awestruck. What a gift it is to be alive. Amen.



Prayer

God of every season, my hope for each Lent is to grow in some way. Every year I pray that these six weeks will see a more dedicated, more hopeful version of myself. As I look back over this Lenten season, leave your fingerprints on my memories. Show me the places where we danced. Show me the moments where your Spirit hovered near. Remind me of the road we've walked together. May I continue to walk and sing songs of *alleluia*. Amen.



Prayer

Gracious God, every year I forget how much I need Easter. Every year I forget how much I need the flowers and the music and the promise of a new day. Once again, Easter has come. And once again, my heart is overflowing. Sift through the emotions I hold and remind me that you are with me in all of them. Garden or tomb, you are there. Amen.



Prayer

Jesus of Nazareth, thank you for calling ordinary people to be your disciples. Peter was a mix of belief and unbelief, always trying to follow in your footsteps without tripping on his own two feet. So often I feel the same. Peter's story is my story. Peter's journey is my journey. So thank you again for showing us that kingdom work can happen with ordinary human hands. I believe. Help my unbelief. In your name I pray, amen.



Prayer

God of new beginnings, new life finds me like warm weather finds the spring. Once again I am reminded that death does not have the last word. Once again I am reminded that love is stronger than hate. So give me the wisdom to begin again. Show me the places of new growth in my heart. Show me where you have already planted seeds for change, for centering, for conviction. And may I be wise enough to begin again, and again, and again. Amen.



Prayer

Holy God, I feel your presence near me whenever I sit at a crowded table. I feel your presence near me when the church sings. I feel your presence near me on sunny days and in the quiet of early mornings. Thank you for the gift of these spirit-filling moments. Help me find ways to center nurturing practices in my day-to-day life. For I know this wandering heart needs centering tools to return to you. So I'll see you at the crowded table. I'll see you in the morning. Amen.



Prayer

Calling God, you charged Peter to feed your sheep (Jn. 21:1-19). In the same way, I know that you have a charge for me. You nudge, encourage, and plant seeds. You never stop tending the fire of my soul. So as I move into a new season, help me discern your will for me. Help me to hear your call for this next season with clarity. I am listening. I am learning. Amen.



SECOND WEEK OF EASTER | WEDNESDAY

Wandering Heart:

“Here’s my heart”

Centering practice | Center yourself in gratitude. Create a list of 10 things that you are grateful for.

Question | Jesus feeds the disciples (Jn. 21:1-19). Who would you like to share a meal with in the coming weeks?

57



SECOND WEEK OF EASTER | THURSDAY

Wandering Heart:

“Here’s my heart”

Centering practice | Center yourself in gratitude. Create a list of 10 things that you are grateful for.

Question | What can you say “yes” to this Easter season?

58



SECOND WEEK OF EASTER | FRIDAY

Wandering Heart:

“Here’s my heart”

Centering practice | Center yourself in gratitude. Create a list of 10 things that you are grateful for.

Question | When have you experienced unconditional love? What does that love look and feel like?

59



SECOND WEEK OF EASTER | SATURDAY

Wandering Heart:

“Here’s my heart”

Centering practice | Center yourself in gratitude. Create a list of 10 things that you are grateful for.

Question | Does love feel risky? When have you taken a chance to show love to someone who needed it?

60



FINAL REFLECTIONS

Wandering Heart

Figuring out faith with Peter

As your wandering journey comes to a close, look back through your deck of prayer cards.

Question | Which questions and prayers resonate with you the most? Which ones do you want to hold close as you continue your faith journey?





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Prayer

Risen Christ, as I follow you into a new season—a post-resurrection season—help me pay attention to the things I can be saying yes to. Can I say yes to deeper relationships?

Can I say yes to serving? Can I say yes to Sabbath or creativity? So often I tell myself that there simply isn't enough time for everything, but in reality, I say yes to many things each day. Help me to say yes to the right things. Amen.

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Prayer

Feeding God, food was at the center of your ministry.

You were constantly eating with tax collectors and Pharisees, disciples and Gentiles. You fed the 5,000 and cooked breakfast on the beach. In this way, I know that eating together can be a form of worship and a form of prayer. In this way, I trust that you are constantly meeting us at dinner tables all over the world.





Give me the wisdom to see it. Amen.

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Prayer





Gracious God, wearing my heart on my sleeve can feel risky. It's so much easier to keep my cards close to the chest and to spend my days building protective barriers around my heart. However, on my best days, I know that with real vulnerability comes real love. So break down my protective barriers. Keep asking the hard and honest questions and show me how to choose love—even when it's risky. Bravely I pray, amen.

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Prayer





God of Love, there is something about true love—deep love—that changes us. So as I move through the hustle and bustle of this busy world, center me once again in unconditional love. Remind me what unconditional love has looked and felt like in my life. Fill my cup with those sacred memories so that I might pour unconditional love into the people I meet. With a heart overflowing, I pray. Amen.

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Prayer

Loving God, I have reached the end of this deck. I have prayed every day for 60 days. I have wandered with Peter and with you. As my journey continues to unfold, help me remember all of the lessons of this season. Help me cherish the gifts of this daily practice. Help me continue to draw closer to you—no matter where my wandering leads me next. With gratitude, I pray. Amen.

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