



# Questions for a Lenten Journey:

- How is God's kingdom revealed to us in the Bible?
- How do Jesus' actions reveal the kingdom to us?
- How can our own actions help to create God's Kingdom?

# A Lenten Journey



- Week 1: What is our destination?  
The Kingdom of God,  
a place of healing, restoration
- Week 2: How do we prepare ourselves for the journey? By ridding ourselves with God's help of all distractions, weaknesses, whatever takes us from God
- Week 3: How are we to journey? With each other, with God, without distractions
- Week 4: Where are we to journey? Into a broken world
- Week 5: Take time to rest in Jesus

Let's get ready



To journey  
together



In reliance on

God



To heal  
a broken  
world



Reading: Mark 6:30-31

“The apostles returned to Jesus from their ministry tour and told him all they had done and what they had taught.

Then Jesus said, ‘Let’s get away from the crowds for a while and rest.’ There were so many people coming and going that Jesus and his apostles didn’t even have time to eat.”

For discussion:

Jesus encourages us to rest after a time of intense ministry. What kind of break does he suggest we take?

- Companions?
- Activities?

Does Jesus take his own advice?

- What happens after these verses?

# Resting in Jesus through an imaginative exercise (Mark 10:13-16)

- Ask for God's to be present to us.
- Relax, close your eyes or just sit quietly.
- Now listen and imagine ...

# Questions for an imaginative exercise

- What can you see, hear and smell?
- What is the weather like? Is it hot, peaceful, dry, windy?
- What is happening? What kind of atmosphere surrounds the event?
- Is there anyone you recognise?
- Are you somebody in the scene? Or just a bystander?
- What part of the scene attracts your attention?









# Reflections

- Experience of imaginative exercise?
  - Could you imagine the scene like a play or movie?
  - Could you enter the scene?
  - Who were you? Conversations?
- Did you feel close to God?
- Was it a nourishing experience?
- End of Bible Study
  - Lessons learnt
  - Going forward to Holy Week

# Prayer for a journey

In all our travelling

ALL: May your footsteps guide us

In our journeying to work and returning

ALL: May your footsteps guide us

Within our homes and families

ALL: May your footsteps guide us

In our leisure time together

ALL: May your footsteps guide us



In difficult situations and conflict  
ALL: May your footsteps guide us

As we stumble on the way  
ALL: May your footsteps guide us

In the travelling of our faith  
ALL: May your footsteps guide us

As we place our trust in you  
ALL: May your footsteps guide us

In all our travelling.  
Lord, may it be your footsteps  
in which we place our feet. Amen

