Lenten Prayer Challenge 2021

I am here for you always. You are never alone. You are loved beyond measure.

THE DEEPER CONNECTION
WITH MARIA GULLO

LENTEN PRAYER CHALLENGE
Transformation Journal 2021

How to Use This Journal

Through this journey you will be gently guided by the Holy Spirit into a wellspring of healing and love if you so desire. Know that God is waiting for you and yearns to create in you an abundant life, a steadfast spirit and a mind centered in Him.
Print up this journal and keep it in a folder or binder. It is good to first take time for 20 minutes of Centering Prayer before opening your journal and bible. It is your place for exploring and recording your sacred story and personal conversations with God. Each day you will have a new scripture to use as the focal point of your prayer, meditation and reflection. After you've quieted your heart and mind in Centering Prayer you will be more receptive and attentive to the Holy Spirit's movement within you through the scripture and guided prayer reflections. If you find there isn't enough space to write in for a particular day, just continue on the back of the page.

This transformation journey is a process. One day will unfold into the next as the work of God may seem at best undetectable at times and at worst, non-existent.
Regardless of whether you experience great revelation or none at all, God is, and the Master's touch always brings out the beauty of the soul.

Consider all of nature, how the roots of the mightiest tree, the gentlest flower or the abundant harvest move steadily, ever deepening, taking on nourishment and refreshment eventually bringing forth the purpose of their existence: to give protection, beauty, nourishment and life. Even in the dead of winter, all of creation including creatures great and small is preparing for the unveiling of new life in the spring. And so it is with your transformation. Just when the caterpillar thought it was going to die, it became a butterfly. Just when you think it's impossible, I can never change, you will hear the voiceless Voice say, "In and of yourself it may be is not possible but through Christ, in and of God, all things are possible." Eventually all of nature bursts forth from the gentle but mighty heart of God. So it is with you. Each day as you give yourself over to the process, the roots of your spirit are moving deeper and wider. Eventually pushing through the surface of the heart which was once hardened by wounds of the past and of the generations, but now softened by the refreshing Living Water of the Spirit and the life giving words of scripture.

I encourage you to approach each day with a renewed sense of expectancy for what God is doing. Read the reflections aloud or quietly and write without concern. No one is reading this but you, unless you care to share. Journaling is simply giving voice to your prayer and heart's desire.

DAY 1

Date: _____ **Time**: _____ **Today's Word**: _____

I approach this time with all that I am turned and opened toward God. I feel the inhale and exhale of my breath. I feel my heart beating, my body settling in this space and I affirm my desire to come to this time of prayer. I enter into this sacred space with my intention on being present to God's Holy Presence. I turn inward to the sacred place of Stillness deep within.

It Is Time: "I open my mind, heart, soul and being to you my Lord and my God. I am grateful for this day, for this opportunity to journey through this Lenten season with you. I have no idea exactly where we're going, but I trust you as we walk it together."

Sitting attentively, close your eyes, breathing naturally, soften your body, relaxing into the moment, settling into the Presence of the Living God.

Rest in the experience for a few moments: "I ask for the grace to enter into this time with my whole heart and a clear mind. I lay aside anything that pulls my attention away from you. I consent to your Presence within and receive your love and healing. I ask for the wisdom and understanding to hear the words of this scripture with my whole heart. May your grace open my mind to these life giving words."

READ: ISAIAH 43: 1-3

Reflect: After reading this scripture the first time: what word, phrase and/or image stands out to you? What moves your heart? What is the Holy Spirit revealing to you?

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Reflect: After a second reading, suggested prayer: "I ask you, my God, to make me aware of what in my life is getting in the way of receiving your love, of loving myself and loving others. For anything that is brought into the Light of Christ will be transformed"

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Renew: Today, I will hold this word, phrase or image in my heart:

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"*Let it be so. Let it be now. Let it be. Amen.*"

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READ: ISAIAH 61: 1-10

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READ: MATTHEW 16: 24-26

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READ: LUKE 9: 10-11

Reflect: After reading this scripture the first time: what word, phrase and/or image stands out to you? What moves your heart? What is the Holy Spirit revealing to you?

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READ: LUKE 9: 12-17

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READ: PSALM 91

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READ: ISAIAH 30:21

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READ: MATTHEW 3: 1-12

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READ: DEUTERONOMY 31: 8

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READ: PSALM 30

Reflect: After reading this scripture the first time: what word, phrase and/or image stands out to you? What moves your heart? What is the Holy Spirit revealing to you?

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Reflect: After a second reading, suggested prayer: "I ask you, my God, to make me aware of what in my life is getting in the way of receiving your love, of loving myself and loving others. For anything that is brought into the Light of Christ will be transformed"

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Remain: Today, I am asking for the grace to:

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Renew: Today, I will hold this word, phrase or image in my heart:

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"*Let it be so. Let it be now. Let it be. Amen.*"

DAY 16

Date: _____ **Time**: _____ **Today's Word**: _____

I approach this time with all that I am turned and opened toward God. I feel the inhale and exhale of my breath. I feel my heart beating, my body settling in this space and I affirm my desire to come to this time of prayer. I enter into this sacred space with my intention on being present to God's Holy Presence. I turn inward to the sacred place of Stillness deep within.

It Is Time: "I open my mind, heart, soul and being to you my Lord and my God. I am grateful for this day, for this opportunity to journey through this Lenten season with you. I have no idea exactly where we're going, but I trust you as we walk it together."

Sitting attentively, close your eyes, breathing naturally, soften your body, relaxing into the moment, settling into the Presence of the Living God.

Rest in the experience for a few moments: "I ask for the grace to enter into this time with my whole heart and a clear mind. I lay aside anything that pulls my attention away from you. I consent to your Presence within and receive your love and healing. I ask for the wisdom and understanding to hear the words of this scripture with my whole heart. May your grace open my mind to these life giving words."

READ: LUKE 5: 1-11

Reflect: After reading this scripture the first time: what word, phrase and/or image stands out to you? What moves your heart? What is the Holy Spirit revealing to you?

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Reflect: After a second reading, suggested prayer: "I ask you, my God, to make me aware of what in my life is getting in the way of receiving your love, of loving myself and loving others. For anything that is brought into the Light of Christ will be transformed"

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Remain: Today, I am asking for the grace to:

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Renew: Today, I will hold this word, phrase or image in my heart:

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"*Let it be so. Let it be now. Let it be. Amen.*"

DAY 17

Date: _____ **Time**: _____ **Today's Word**: _____

I approach this time with all that I am turned and opened toward God. I feel the inhale and exhale of my breath. I feel my heart beating, my body settling in this space and I affirm my desire to come to this time of prayer. I enter into this sacred space with my intention on being present to God's Holy Presence. I turn inward to the sacred place of Stillness deep within.

It Is Time: "I open my mind, heart, soul and being to you my Lord and my God. I am grateful for this day, for this opportunity to journey through this Lenten season with you. I have no idea exactly where we're going, but I trust you as we walk it together."

Sitting attentively, close your eyes, breathing naturally, soften your body, relaxing into the moment, settling into the Presence of the Living God.

Rest in the experience for a few moments: "I ask for the grace to enter into this time with my whole heart and a clear mind. I lay aside anything that pulls my attention away from you. I consent to your Presence within and receive your love and healing. I ask for the wisdom and understanding to hear the words of this scripture with my whole heart. May your grace open my mind to these life giving words."

READ: LUKE 5: 12-16

Reflect: After reading this scripture the first time: what word, phrase and/or image stands out to you? What moves your heart? What is the Holy Spirit revealing to you?

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Reflect: After a second reading, suggested prayer: "I ask you, my God, to make me aware of what in my life is getting in the way of receiving your love, of loving myself and loving others. For anything that is brought into the Light of Christ will be transformed"

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Remain: Today, I am asking for the grace to:

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Renew: Today, I will hold this word, phrase or image in my heart:

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"*Let it be so. Let it be now. Let it be. Amen.*"

DAY 18

Date: _____ **Time**: _____ **Today's Word**: _____

I approach this time with all that I am turned and opened toward God. I feel the inhale and exhale of my breath. I feel my heart beating, my body settling in this space and I affirm my desire to come to this time of prayer. I enter into this sacred space with my intention on being present to God's Holy Presence. I turn inward to the sacred place of Stillness deep within.

It Is Time: "I open my mind, heart, soul and being to you my Lord and my God. I am grateful for this day, for this opportunity to journey through this Lenten season with you. I have no idea exactly where we're going, but I trust you as we walk it together."

Sitting attentively, close your eyes, breathing naturally, soften your body, relaxing into the moment, settling into the Presence of the Living God.

Rest in the experience for a few moments: "I ask for the grace to enter into this time with my whole heart and a clear mind. I lay aside anything that pulls my attention away from you. I consent to your Presence within and receive your love and healing. I ask for the wisdom and understanding to hear the words of this scripture with my whole heart. May your grace open my mind to these life giving words."

READ: LUKE 5: 17-26

Reflect: After reading this scripture the first time: what word, phrase and/or image stands out to you? What moves your heart? What is the Holy Spirit revealing to you?

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Reflect: After a second reading, suggested prayer: "I ask you, my God, to make me aware of what in my life is getting in the way of receiving your love, of loving myself and loving others. For anything that is brought into the Light of Christ will be transformed"

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Remain: Today, I am asking for the grace to:

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Renew: Today, I will hold this word, phrase or image in my heart:

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"*Let it be so. Let it be now. Let it be. Amen.*"

DAY 19

Date: _____ **Time**: _____ **Today's Word**: _____

I approach this time with all that I am turned and opened toward God. I feel the inhale and exhale of my breath. I feel my heart beating, my body settling in this space and I affirm my desire to come to this time of prayer. I enter into this sacred space with my intention on being present to God's Holy Presence. I turn inward to the sacred place of Stillness deep within.

It Is Time: "I open my mind, heart, soul and being to you my Lord and my God. I am grateful for this day, for this opportunity to journey through this Lenten season with you. I have no idea exactly where we're going, but I trust you as we walk it together."

Sitting attentively, close your eyes, breathing naturally, soften your body, relaxing into the moment, settling into the Presence of the Living God.

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READ: LUKE 5: 27-31

Reflect: After reading this scripture the first time: what word, phrase and/or image stands out to you? What moves your heart? What is the Holy Spirit revealing to you?

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Reflect: After a second reading, suggested prayer: "I ask you, my God, to make me aware of what in my life is getting in the way of receiving your love, of loving myself and loving others. For anything that is brought into the Light of Christ will be transformed"

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Remain: Today, I am asking for the grace to:

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Renew: Today, I will hold this word, phrase or image in my heart:

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"*Let it be so. Let it be now. Let it be. Amen.*"

DAY 20

Date: _____ **Time**: _____ **Today's Word**: _____

I approach this time with all that I am turned and opened toward God. I feel the inhale and exhale of my breath. I feel my heart beating, my body settling in this space and I affirm my desire to come to this time of prayer. I enter into this sacred space with my intention on being present to God's Holy Presence. I turn inward to the sacred place of Stillness deep within.

It Is Time: "I open my mind, heart, soul and being to you my Lord and my God. I am grateful for this day, for this opportunity to journey through this Lenten season with you. I have no idea exactly where we're going, but I trust you as we walk it together."

Sitting attentively, close your eyes, breathing naturally, soften your body, relaxing into the moment, settling into the Presence of the Living God.

Rest in the experience for a few moments: "I ask for the grace to enter into this time with my whole heart and a clear mind. I lay aside anything that pulls my attention away from you. I consent to your Presence within and receive your love and healing. I ask for the wisdom and understanding to hear the words of this scripture with my whole heart. May your grace open my mind to these life giving words."

READ: LUKE 6: 12-19

Reflect: After reading this scripture the first time: what word, phrase and/or image stands out to you? What moves your heart? What is the Holy Spirit revealing to you?

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Reflect: After a second reading, suggested prayer: "I ask you, my God, to make me aware of what in my life is getting in the way of receiving your love, of loving myself and loving others. For anything that is brought into the Light of Christ will be transformed"

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Remain: Today, I am asking for the grace to:

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Renew: Today, I will hold this word, phrase or image in my heart:

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"*Let it be so. Let it be now. Let it be. Amen.*"

DAY 21

Date: _____ **Time**: _____ **Today's Word**: _____

I approach this time with all that I am turned and opened toward God. I feel the inhale and exhale of my breath. I feel my heart beating, my body settling in this space and I affirm my desire to come to this time of prayer. I enter into this sacred space with my intention on being present to God's Holy Presence. I turn inward to the sacred place of Stillness deep within.

It Is Time: "I open my mind, heart, soul and being to you my Lord and my God. I am grateful for this day, for this opportunity to journey through this Lenten season with you. I have no idea exactly where we're going, but I trust you as we walk it together."

Sitting attentively, close your eyes, breathing naturally, soften your body, relaxing into the moment, settling into the Presence of the Living God.

Rest in the experience for a few moments: "I ask for the grace to enter into this time with my whole heart and a clear mind. I lay aside anything that pulls my attention away from you. I consent to your Presence within and receive your love and healing. I ask for the wisdom and understanding to hear the words of this scripture with my whole heart. May your grace open my mind to these life giving words."

READ: MATTHEW 5: 1-11

Reflect: After reading this scripture the first time: what word, phrase and/or image stands out to you? What moves your heart? What is the Holy Spirit revealing to you?

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Reflect: After a second reading, suggested prayer: "I ask you, my God, to make me aware of what in my life is getting in the way of receiving your love, of loving myself and loving others. For anything that is brought into the Light of Christ will be transformed"

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Remain: Today, I am asking for the grace to:

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Renew: Today, I will hold this word, phrase or image in my heart:

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"*Let it be so. Let it be now. Let it be. Amen.*"

DAY 22

Date: _____ **Time**: _____ **Today's Word**: _____

I approach this time with all that I am turned and opened toward God. I feel the inhale and exhale of my breath. I feel my heart beating, my body settling in this space and I affirm my desire to come to this time of prayer. I enter into this sacred space with my intention on being present to God's Holy Presence. I turn inward to the sacred place of Stillness deep within.

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READ: PSALM 37: 1-7

Reflect: After reading this scripture the first time: what word, phrase and/or image stands out to you? What moves your heart? What is the Holy Spirit revealing to you?

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Reflect: After a second reading, suggested prayer: "I ask you, my God, to make me aware of what in my life is getting in the way of receiving your love, of loving myself and loving others. For anything that is brought into the Light of Christ will be transformed"

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Remain: Today, I am asking for the grace to:

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Renew: Today, I will hold this word, phrase or image in my heart:

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"*Let it be so. Let it be now. Let it be. Amen.*"

DAY 23

Date: _____ **Time**: _____ **Today's Word**: _____

I approach this time with all that I am turned and opened toward God. I feel the inhale and exhale of my breath. I feel my heart beating, my body settling in this space and I affirm my desire to come to this time of prayer. I enter into this sacred space with my intention on being present to God's Holy Presence. I turn inward to the sacred place of Stillness deep within.

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Sitting attentively, close your eyes, breathing naturally, soften your body, relaxing into the moment, settling into the Presence of the Living God.

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READ: MATTHEW 5: 13-14

Reflect: After reading this scripture the first time: what word, phrase and/or image stands out to you? What moves your heart? What is the Holy Spirit revealing to you?

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Reflect: After a second reading, suggested prayer: "I ask you, my God, to make me aware of what in my life is getting in the way of receiving your love, of loving myself and loving others. For anything that is brought into the Light of Christ will be transformed"

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Remain: Today, I am asking for the grace to:

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Renew: Today, I will hold this word, phrase or image in my heart:

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"*Let it be so. Let it be now. Let it be. Amen.*"

DAY 24

Date: _____ **Time**: _____ **Today's Word**: _____

I approach this time with all that I am turned and opened toward God. I feel the inhale and exhale of my breath. I feel my heart beating, my body settling in this space and I affirm my desire to come to this time of prayer. I enter into this sacred space with my intention on being present to God's Holy Presence. I turn inward to the sacred place of Stillness deep within.

It Is Time: "I open my mind, heart, soul and being to you my Lord and my God. I am grateful for this day, for this opportunity to journey through this Lenten season with you. I have no idea exactly where we're going, but I trust you as we walk it together."

Sitting attentively, close your eyes, breathing naturally, soften your body, relaxing into the moment, settling into the Presence of the Living God.

Rest in the experience for a few moments: "I ask for the grace to enter into this time with my whole heart and a clear mind. I lay aside anything that pulls my attention away from you. I consent to your Presence within and receive your love and healing. I ask for the wisdom and understanding to hear the words of this scripture with my whole heart. May your grace open my mind to these life giving words."

READ: PSALM 40: 1-10

Reflect: After reading this scripture the first time: what word, phrase and/or image stands out to you? What moves your heart? What is the Holy Spirit revealing to you?

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Reflect: After a second reading, suggested prayer: "I ask you, my God, to make me aware of what in my life is getting in the way of receiving your love, of loving myself and loving others. For anything that is brought into the Light of Christ will be transformed"

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Remain: Today, I am asking for the grace to:

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Renew: Today, I will hold this word, phrase or image in my heart:

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"*Let it be so. Let it be now. Let it be. Amen.*"

DAY 25

Date: _____ **Time**: _____ **Today's Word**: _____

I approach this time with all that I am turned and opened toward God. I feel the inhale and exhale of my breath. I feel my heart beating, my body settling in this space and I affirm my desire to come to this time of prayer. I enter into this sacred space with my intention on being present to God's Holy Presence. I turn inward to the sacred place of Stillness deep within.

It Is Time: "I open my mind, heart, soul and being to you my Lord and my God. I am grateful for this day, for this opportunity to journey through this Lenten season with you. I have no idea exactly where we're going, but I trust you as we walk it together."

Sitting attentively, close your eyes, breathing naturally, soften your body, relaxing into the moment, settling into the Presence of the Living God.

Rest in the experience for a few moments: "I ask for the grace to enter into this time with my whole heart and a clear mind. I lay aside anything that pulls my attention away from you. I consent to your Presence within and receive your love and healing. I ask for the wisdom and understanding to hear the words of this scripture with my whole heart. May your grace open my mind to these life giving words."

READ: MATTHEW 5: 17-20

Reflect: After reading this scripture the first time: what word, phrase and/or image stands out to you? What moves your heart? What is the Holy Spirit revealing to you?

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Reflect: After a second reading, suggested prayer: "I ask you, my God, to make me aware of what in my life is getting in the way of receiving your love, of loving myself and loving others. For anything that is brought into the Light of Christ will be transformed"

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Remain: Today, I am asking for the grace to:

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Renew: Today, I will hold this word, phrase or image in my heart:

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"*Let it be so. Let it be now. Let it be. Amen.*"

DAY 26

Date: _____ **Time**: _____ **Today's Word**: _____

I approach this time with all that I am turned and opened toward God. I feel the inhale and exhale of my breath. I feel my heart beating, my body settling in this space and I affirm my desire to come to this time of prayer. I enter into this sacred space with my intention on being present to God's Holy Presence. I turn inward to the sacred place of Stillness deep within.

It Is Time: "I open my mind, heart, soul and being to you my Lord and my God. I am grateful for this day, for this opportunity to journey through this Lenten season with you. I have no idea exactly where we're going, but I trust you as we walk it together."

Sitting attentively, close your eyes, breathing naturally, soften your body, relaxing into the moment, settling into the Presence of the Living God.

Rest in the experience for a few moments: "I ask for the grace to enter into this time with my whole heart and a clear mind. I lay aside anything that pulls my attention away from you. I consent to your Presence within and receive your love and healing. I ask for the wisdom and understanding to hear the words of this scripture with my whole heart. May your grace open my mind to these life giving words."

READ: MATTHEW 5: 21-24

Reflect: After reading this scripture the first time: what word, phrase and/or image stands out to you? What moves your heart? What is the Holy Spirit revealing to you?

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Reflect: After a second reading, suggested prayer: "I ask you, my God, to make me aware of what in my life is getting in the way of receiving your love, of loving myself and loving others. For anything that is brought into the Light of Christ will be transformed"

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Remain: Today, I am asking for the grace to:

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Renew: Today, I will hold this word, phrase or image in my heart:

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"*Let it be so. Let it be now. Let it be. Amen.*"

DAY 27

Date: _____ **Time**: _____ **Today's Word**: _____

I approach this time with all that I am turned and opened toward God. I feel the inhale and exhale of my breath. I feel my heart beating, my body settling in this space and I affirm my desire to come to this time of prayer. I enter into this sacred space with my intention on being present to God's Holy Presence. I turn inward to the sacred place of Stillness deep within.

It Is Time: "I open my mind, heart, soul and being to you my Lord and my God. I am grateful for this day, for this opportunity to journey through this Lenten season with you. I have no idea exactly where we're going, but I trust you as we walk it together."

Sitting attentively, close your eyes, breathing naturally, soften your body, relaxing into the moment, settling into the Presence of the Living God.

Rest in the experience for a few moments: "I ask for the grace to enter into this time with my whole heart and a clear mind. I lay aside anything that pulls my attention away from you. I consent to your Presence within and receive your love and healing. I ask for the wisdom and understanding to hear the words of this scripture with my whole heart. May your grace open my mind to these life giving words."

READ: JOHN 2: 13-25

Reflect: After reading this scripture the first time: what word, phrase and/or image stands out to you? What moves your heart? What is the Holy Spirit revealing to you?

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Reflect: After a second reading, suggested prayer: "I ask you, my God, to make me aware of what in my life is getting in the way of receiving your love, of loving myself and loving others. For anything that is brought into the Light of Christ will be transformed"

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Remain: Today, I am asking for the grace to:

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Renew: Today, I will hold this word, phrase or image in my heart:

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"*Let it be so. Let it be now. Let it be. Amen.*"

DAY 28

Date: _____ **Time**: _____ **Today's Word**: _____

I approach this time with all that I am turned and opened toward God. I feel the inhale and exhale of my breath. I feel my heart beating, my body settling in this space and I affirm my desire to come to this time of prayer. I enter into this sacred space with my intention on being present to God's Holy Presence. I turn inward to the sacred place of Stillness deep within.

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READ: LUKE 6: 37-41

Reflect: After reading this scripture the first time: what word, phrase and/or image stands out to you? What moves your heart? What is the Holy Spirit revealing to you?

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Reflect: After a second reading, suggested prayer: "I ask you, my God, to make me aware of what in my life is getting in the way of receiving your love, of loving myself and loving others. For anything that is brought into the Light of Christ will be transformed"

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Remain: Today, I am asking for the grace to:

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Renew: Today, I will hold this word, phrase or image in my heart:

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"*Let it be so. Let it be now. Let it be. Amen.*"

DAY 29

Date: _____ **Time**: _____ **Today's Word**: _____

I approach this time with all that I am turned and opened toward God. I feel the inhale and exhale of my breath. I feel my heart beating, my body settling in this space and I affirm my desire to come to this time of prayer. I enter into this sacred space with my intention on being present to God's Holy Presence. I turn inward to the sacred place of Stillness deep within.

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Sitting attentively, close your eyes, breathing naturally, soften your body, relaxing into the moment, settling into the Presence of the Living God.

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READ: PSALM 46

Reflect: After reading this scripture the first time: what word, phrase and/or image stands out to you? What moves your heart? What is the Holy Spirit revealing to you?

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Reflect: After a second reading, suggested prayer: "I ask you, my God, to make me aware of what in my life is getting in the way of receiving your love, of loving myself and loving others. For anything that is brought into the Light of Christ will be transformed"

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Remain: Today, I am asking for the grace to:

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Renew: Today, I will hold this word, phrase or image in my heart:

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"*Let it be so. Let it be now. Let it be. Amen.*"

DAY 30

Date: _____ **Time**: _____ **Today's Word**: _____

I approach this time with all that I am turned and opened toward God. I feel the inhale and exhale of my breath. I feel my heart beating, my body settling in this space and I affirm my desire to come to this time of prayer. I enter into this sacred space with my intention on being present to God's Holy Presence. I turn inward to the sacred place of Stillness deep within.

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Sitting attentively, close your eyes, breathing naturally, soften your body, relaxing into the moment, settling into the Presence of the Living God.

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READ: JOHN 3: 1-16

Reflect: After reading this scripture the first time: what word, phrase and/or image stands out to you? What moves your heart? What is the Holy Spirit revealing to you?

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Reflect: After a second reading, suggested prayer: "I ask you, my God, to make me aware of what in my life is getting in the way of receiving your love, of loving myself and loving others. For anything that is brought into the Light of Christ will be transformed"

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Remain: Today, I am asking for the grace to:

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Renew: Today, I will hold this word, phrase or image in my heart:

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"*Let it be so. Let it be now. Let it be. Amen.*"

DAY 31

Date: _____ **Time**: _____ **Today's Word**: _____

I approach this time with all that I am turned and opened toward God. I feel the inhale and exhale of my breath. I feel my heart beating, my body settling in this space and I affirm my desire to come to this time of prayer. I enter into this sacred space with my intention on being present to God's Holy Presence. I turn inward to the sacred place of Stillness deep within.

It Is Time: "I open my mind, heart, soul and being to you my Lord and my God. I am grateful for this day, for this opportunity to journey through this Lenten season with you. I have no idea exactly where we're going, but I trust you as we walk it together."

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READ: JOHN 4: 1-26

Reflect: After reading this scripture the first time: what word, phrase and/or image stands out to you? What moves your heart? What is the Holy Spirit revealing to you?

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Reflect: After a second reading, suggested prayer: "I ask you, my God, to make me aware of what in my life is getting in the way of receiving your love, of loving myself and loving others. For anything that is brought into the Light of Christ will be transformed"

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Remain: Today, I am asking for the grace to:

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Renew: Today, I will hold this word, phrase or image in my heart:

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"*Let it be so. Let it be now. Let it be. Amen.*"

DAY 32

Date: _____ **Time**: _____ **Today's Word**: _____

I approach this time with all that I am turned and opened toward God. I feel the inhale and exhale of my breath. I feel my heart beating, my body settling in this space and I affirm my desire to come to this time of prayer. I enter into this sacred space with my intention on being present to God's Holy Presence. I turn inward to the sacred place of Stillness deep within.

It Is Time: "I open my mind, heart, soul and being to you my Lord and my God. I am grateful for this day, for this opportunity to journey through this Lenten season with you. I have no idea exactly where we're going, but I trust you as we walk it together."

Sitting attentively, close your eyes, breathing naturally, soften your body, relaxing into the moment, settling into the Presence of the Living God.

Rest in the experience for a few moments: "I ask for the grace to enter into this time with my whole heart and a clear mind. I lay aside anything that pulls my attention away from you. I consent to your Presence within and receive your love and healing. I ask for the wisdom and understanding to hear the words of this scripture with my whole heart. May your grace open my mind to these life giving words."

READ: JOHN 4: 27-34

Reflect: After reading this scripture the first time: what word, phrase and/or image stands out to you? What moves your heart? What is the Holy Spirit revealing to you?

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Reflect: After a second reading, suggested prayer: "I ask you, my God, to make me aware of what in my life is getting in the way of receiving your love, of loving myself and loving others. For anything that is brought into the Light of Christ will be transformed"

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Remain: Today, I am asking for the grace to:

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Renew: Today, I will hold this word, phrase or image in my heart:

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"*Let it be so. Let it be now. Let it be. Amen.*"

DAY 33

Date: _____ **Time**: _____ **Today's Word**: _____

I approach this time with all that I am turned and opened toward God. I feel the inhale and exhale of my breath. I feel my heart beating, my body settling in this space and I affirm my desire to come to this time of prayer. I enter into this sacred space with my intention on being present to God's Holy Presence. I turn inward to the sacred place of Stillness deep within.

It Is Time: "I open my mind, heart, soul and being to you my Lord and my God. I am grateful for this day, for this opportunity to journey through this Lenten season with you. I have no idea exactly where we're going, but I trust you as we walk it together."

Sitting attentively, close your eyes, breathing naturally, soften your body, relaxing into the moment, settling into the Presence of the Living God.

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READ: JOHN 6: 25-40

Reflect: After reading this scripture the first time: what word, phrase and/or image stands out to you? What moves your heart? What is the Holy Spirit revealing to you?

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Reflect: After a second reading, suggested prayer: "I ask you, my God, to make me aware of what in my life is getting in the way of receiving your love, of loving myself and loving others. For anything that is brought into the Light of Christ will be transformed"

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Remain: Today, I am asking for the grace to:

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Renew: Today, I will hold this word, phrase or image in my heart:

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"*Let it be so. Let it be now. Let it be. Amen.*"

DAY 34

Date: _____ **Time**: _____ **Today's Word**: _____

I approach this time with all that I am turned and opened toward God. I feel the inhale and exhale of my breath. I feel my heart beating, my body settling in this space and I affirm my desire to come to this time of prayer. I enter into this sacred space with my intention on being present to God's Holy Presence. I turn inward to the sacred place of Stillness deep within.

It Is Time: "I open my mind, heart, soul and being to you my Lord and my God. I am grateful for this day, for this opportunity to journey through this Lenten season with you. I have no idea exactly where we're going, but I trust you as we walk it together."

Sitting attentively, close your eyes, breathing naturally, soften your body, relaxing into the moment, settling into the Presence of the Living God.

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READ: MATTHEW 14: 22-33

Reflect: After reading this scripture the first time: what word, phrase and/or image stands out to you? What moves your heart? What is the Holy Spirit revealing to you?

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Reflect: After a second reading, suggested prayer: "I ask you, my God, to make me aware of what in my life is getting in the way of receiving your love, of loving myself and loving others. For anything that is brought into the Light of Christ will be transformed"

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Remain: Today, I am asking for the grace to:

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Renew: Today, I will hold this word, phrase or image in my heart:

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"*Let it be so. Let it be now. Let it be. Amen.*"

DAY 35

Date: _____ **Time**: _____ **Today's Word**: _____

I approach this time with all that I am turned and opened toward God. I feel the inhale and exhale of my breath. I feel my heart beating, my body settling in this space and I affirm my desire to come to this time of prayer. I enter into this sacred space with my intention on being present to God's Holy Presence. I turn inward to the sacred place of Stillness deep within.

It Is Time: "I open my mind, heart, soul and being to you my Lord and my God. I am grateful for this day, for this opportunity to journey through this Lenten season with you. I have no idea exactly where we're going, but I trust you as we walk it together."

Sitting attentively, close your eyes, breathing naturally, soften your body, relaxing into the moment, settling into the Presence of the Living God.

Rest in the experience for a few moments: "I ask for the grace to enter into this time with my whole heart and a clear mind. I lay aside anything that pulls my attention away from you. I consent to your Presence within and receive your love and healing. I ask for the wisdom and understanding to hear the words of this scripture with my whole heart. May your grace open my mind to these life giving words."

READ: MATTHEW 16: 13-17

Reflect: After reading this scripture the first time: what word, phrase and/or image stands out to you? What moves your heart? What is the Holy Spirit revealing to you?

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Reflect: After a second reading, suggested prayer: "I ask you, my God, to make me aware of what in my life is getting in the way of receiving your love, of loving myself and loving others. For anything that is brought into the Light of Christ will be transformed"

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Remain: Today, I am asking for the grace to:

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Renew: Today, I will hold this word, phrase or image in my heart:

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"*Let it be so. Let it be now. Let it be. Amen.*"

DAY 36

Date: _____ **Time**: _____ **Today's Word**: _____

I approach this time with all that I am turned and opened toward God. I feel the inhale and exhale of my breath. I feel my heart beating, my body settling in this space and I affirm my desire to come to this time of prayer. I enter into this sacred space with my intention on being present to God's Holy Presence. I turn inward to the sacred place of Stillness deep within.

It Is Time: "I open my mind, heart, soul and being to you my Lord and my God. I am grateful for this day, for this opportunity to journey through this Lenten season with you. I have no idea exactly where we're going, but I trust you as we walk it together."

Sitting attentively, close your eyes, breathing naturally, soften your body, relaxing into the moment, settling into the Presence of the Living God.

Rest in the experience for a few moments: "I ask for the grace to enter into this time with my whole heart and a clear mind. I lay aside anything that pulls my attention away from you. I consent to your Presence within and receive your love and healing. I ask for the wisdom and understanding to hear the words of this scripture with my whole heart. May your grace open my mind to these life giving words."

READ: JOHN 11: 1-44

Reflect: After reading this scripture the first time: what word, phrase and/or image stands out to you? What moves your heart? What is the Holy Spirit revealing to you?

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Reflect: After a second reading, suggested prayer: "I ask you, my God, to make me aware of what in my life is getting in the way of receiving your love, of loving myself and loving others. For anything that is brought into the Light of Christ will be transformed"

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Remain: Today, I am asking for the grace to:

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Renew: Today, I will hold this word, phrase or image in my heart:

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"*Let it be so. Let it be now. Let it be. Amen.*"

DAY 37

Date: _____ **Time**: _____ **Today's Word**: _____

I approach this time with all that I am turned and opened toward God. I feel the inhale and exhale of my breath. I feel my heart beating, my body settling in this space and I affirm my desire to come to this time of prayer. I enter into this sacred space with my intention on being present to God's Holy Presence. I turn inward to the sacred place of Stillness deep within.

It Is Time: "I open my mind, heart, soul and being to you my Lord and my God. I am grateful for this day, for this opportunity to journey through this Lenten season with you. I have no idea exactly where we're going, but I trust you as we walk it together."

Sitting attentively, close your eyes, breathing naturally, soften your body, relaxing into the moment, settling into the Presence of the Living God.

Rest in the experience for a few moments: "I ask for the grace to enter into this time with my whole heart and a clear mind. I lay aside anything that pulls my attention away from you. I consent to your Presence within and receive your love and healing. I ask for the wisdom and understanding to hear the words of this scripture with my whole heart. May your grace open my mind to these life giving words."

READ: JOHN 12: 1-11

Reflect: After reading this scripture the first time: what word, phrase and/or image stands out to you? What moves your heart? What is the Holy Spirit revealing to you?

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Reflect: After a second reading, suggested prayer: "I ask you, my God, to make me aware of what in my life is getting in the way of receiving your love, of loving myself and loving others. For anything that is brought into the Light of Christ will be transformed"

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Remain: Today, I am asking for the grace to:

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Renew: Today, I will hold this word, phrase or image in my heart:

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"*Let it be so. Let it be now. Let it be. Amen.*"

DAY 38

Date: _____ **Time**: _____ **Today's Word**: _____

I approach this time with all that I am turned and opened toward God. I feel the inhale and exhale of my breath. I feel my heart beating, my body settling in this space and I affirm my desire to come to this time of prayer. I enter into this sacred space with my intention on being present to God's Holy Presence. I turn inward to the sacred place of Stillness deep within.

It Is Time: "I open my mind, heart, soul and being to you my Lord and my God. I am grateful for this day, for this opportunity to journey through this Lenten season with you. I have no idea exactly where we're going, but I trust you as we walk it together."

Sitting attentively, close your eyes, breathing naturally, soften your body, relaxing into the moment, settling into the Presence of the Living God.

Rest in the experience for a few moments: "I ask for the grace to enter into this time with my whole heart and a clear mind. I lay aside anything that pulls my attention away from you. I consent to your Presence within and receive your love and healing. I ask for the wisdom and understanding to hear the words of this scripture with my whole heart. May your grace open my mind to these life giving words."

READ: JOHN 13: 1-12

Reflect: After reading this scripture the first time: what word, phrase and/or image stands out to you? What moves your heart? What is the Holy Spirit revealing to you?

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Reflect: After a second reading, suggested prayer: "I ask you, my God, to make me aware of what in my life is getting in the way of receiving your love, of loving myself and loving others. For anything that is brought into the Light of Christ will be transformed"

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Remain: Today, I am asking for the grace to:

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Renew: Today, I will hold this word, phrase or image in my heart:

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"*Let it be so. Let it be now. Let it be. Amen.*"

DAY 39

Date: _____ **Time**: _____ **Today's Word**: _____

I approach this time with all that I am turned and opened toward God. I feel the inhale and exhale of my breath. I feel my heart beating, my body settling in this space and I affirm my desire to come to this time of prayer. I enter into this sacred space with my intention on being present to God's Holy Presence. I turn inward to the sacred place of Stillness deep within.

It Is Time: "I open my mind, heart, soul and being to you my Lord and my God. I am grateful for this day, for this opportunity to journey through this Lenten season with you. I have no idea exactly where we're going, but I trust you as we walk it together."

Sitting attentively, close your eyes, breathing naturally, soften your body, relaxing into the moment, settling into the Presence of the Living God.

Rest in the experience for a few moments: "I ask for the grace to enter into this time with my whole heart and a clear mind. I lay aside anything that pulls my attention away from you. I consent to your Presence within and receive your love and healing. I ask for the wisdom and understanding to hear the words of this scripture with my whole heart. May your grace open my mind to these life giving words."

READ: JOHN 17: 1-25

Reflect: After reading this scripture the first time: what word, phrase and/or image stands out to you? What moves your heart? What is the Holy Spirit revealing to you?

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Reflect: After a second reading, suggested prayer: "I ask you, my God, to make me aware of what in my life is getting in the way of receiving your love, of loving myself and loving others. For anything that is brought into the Light of Christ will be transformed"

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Remain: Today, I am asking for the grace to:

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Renew: Today, I will hold this word, phrase or image in my heart:

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"*Let it be so. Let it be now. Let it be. Amen.*"

DAY 40

Date: _____ **Time**: _____ **Today's Word**: _____

I approach this time with all that I am turned and opened toward God. I feel the inhale and exhale of my breath. I feel my heart beating, my body settling in this space and I affirm my desire to come to this time of prayer. I enter into this sacred space with my intention on being present to God's Holy Presence. I turn inward to the sacred place of Stillness deep within.

It Is Time: "I open my mind, heart, soul and being to you my Lord and my God. I am grateful for this day, for this opportunity to journey through this Lenten season with you. I have no idea exactly where we're going, but I trust you as we walk it together."

Sitting attentively, close your eyes, breathing naturally, soften your body, relaxing into the moment, settling into the Presence of the Living God.

Rest in the experience for a few moments: "I ask for the grace to enter into this time with my whole heart and a clear mind. I lay aside anything that pulls my attention away from you. I consent to your Presence within and receive your love and healing. I ask for the wisdom and understanding to hear the words of this scripture with my whole heart. May your grace open my mind to these life giving words."

READ: JOHN 20: 11-18

Reflect: After reading this scripture the first time: what word, phrase and/or image stands out to you? What moves your heart? What is the Holy Spirit revealing to you?

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Reflect: After a second reading, suggested prayer: "I ask you, my God, to make me aware of what in my life is getting in the way of receiving your love, of loving myself and loving others. For anything that is brought into the Light of Christ will be transformed"

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Remain: Today, I am asking for the grace to:

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Renew: Today, I will hold this word, phrase or image in my heart:

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"*Let it be so. Let it be now. Let it be. Amen.*"

CONCLUSION

Happy Resurrection Day! Raised by a Greek mother, in my family we said, Christos Anesti! Which means Christ has risen. To which the response is Alithos Anesti, Truly Christ is Risen.

I like that much better than Happy Easter.

Welcome to the next chapter of your sacred story. Every Easter Sunday, I can't help but feel, and now what?! Perhaps you feel that since your 40 day journey has come to an end. But in actuality, it's just the beginning. Whatever momentum or rhythm you've been able to establish during Lent, let us pray for the grace that the Holy Spirit continues to bestow on you to continue daily Centering Prayer, Lectio Divina and personal reflection.

Now the invitation is to wake up and pay attention to your life. This one, simple, ordinary, beautiful, sacred life you've been given. Perhaps there was a particular scripture that spoke to your soul. Let it become an inner prayer mantra. Perhaps, if you listen with you heart, you will hear the voiceless Voice of Jesus renew your invitation as He now invites you to further your journey with Him.

So I am grateful we had this Lent to walk together with Jesus. Now, I say with a joyful voice, Christos Anesti! and I hear your reply, Alithos Anesti.

May we now live this resurrected life together with joy and ease. Let it be so!

Peace is with you, my soul friend.

Much Love,

Maria

THE DEEPER CONNECTION

WITH MARIA GULLO

thedeeperconnection.org