

FEBRUARY 12, 2023

Lent & Easter

Woody Nook CRC



DRY BONES

Have you ever encountered a dry bone out in the bush? Or cooked a chicken bone until it was dry? All the good stuff is taken out (hopefully to make bone broth—very nutritious!) and what’s left is dry and lifeless. Sometimes life can feel hollow that way, emptied from being too busy, feeling lonely, expectations not being met, unresolved sin, or searching for purpose!

God’s Spirit wants to give you a new heart and a new spirit—to revive your spirit so you may be filled again with the “good stuff”—the stuff of resurrection and rebirth, of community and partnership with God. How? God has ways of surprising us, but we can open ourselves to God’s work by a period of preparation. Often, the Bible calls for fasting (restraint), cleansing (getting rid of something) and prayer (asking and reflecting) as ways to prepare to meet God.

This Lent (40 days before Easter), you are invited to participate in a number of different Prayer activities as we communally prepare for Good Friday and Easter.

The STORY Act 4 Memory Challenge

Ezekiel 36:26-27
(The STORY,
Chapter 17, page
246)

I will give you a new heart and put a new spirit in you; I will remove from you your heart of stone and give you a heart of flesh. I will put my Spirit in you and move you to follow my decrees and be careful to keep my laws. Then you will live in the land I gave your ancestors; you will be my people and I will be your God.



**Woody
Nook**

Christian Reformed Church

UPWARD:

You are invited to join a weekly online Lenten prayer gathering, Wednesdays at Noon:

Meeting ID: 871 2729 4847

Passcode: #Peace

[Click here for the ZOOM LINK](#)



Prayer labyrinth Instructions

- Sit comfortably, be still and gently pray: I place myself in your presence Lord, my God.
- When you are ready... slowly trace the labyrinth path with a finger, use a finger on the hand that you do not write with, just let your thoughts come to the surface and let them flow... Jesus is with you every step of the way, you are never alone. You are always loved by God.
- When you reach the centre...consider your thoughts...stay in the centre for a while and spend some time in prayer and reflection receiving God's love and blessing.
- When you are ready... return along the same path... return gratefully, prayerfully ... you might like to sing or say aloud a line from the psalms or a favourite hymn.
- As you exit the labyrinth give thanks and praise to God: **Glory to the Father and to the Son and to the Holy Spirit as it was in the beginning is now and ever shall be world without end. Amen.**

INWARD:

Sharing our life journey helps us see we are not alone. During this Lent, could you give up going to get a cup of coffee, and instead ask someone at church how you may pray for them this week.

OUTWARD:

Pray about who you will invite to Easter Service. Later in Lent there will be invitation cards available.



March 2, 7-9pm: Ignite Evangelistic Training through our local ShareWorld/Gideon representatives: Art Reitsma and Todd Harris.
<https://sharewordglobal.com/ca/>

March 25: Ignite Gospel Door Hanger Blast in the Gull Lake neighborhood

Holy Week Schedule:

- April 3-7: Holy Week Prayer Room at Woody Nook open throughout the week, Monday - Friday, 9am-noon.
- April 6, 6pm: Maundy Thursday Potluck Meal & Interactive Prayer Stations, "The Last 7 Words of Jesus"
- April 7, 10am: Good Friday Service
- April 9, 10am: Easter Sunday Service