

Lent 2016

“Into-Me-See”: Knowing and Being Known

There are many forms of intimacy. In its truest sense, intimacy is a closeness between persons that comes with familiarity, understanding and acceptance. My favorite re-phrasing of the word intimacy is “*into-me-see*”.

To be in relationship with Jesus is to be in relationship with other people. That relationship necessarily involves listening, asking questions that invite the other into connection, and self-disclosure that is mutual, respectful, and safe.

The *practice* of intimacy—exercising the heart and using the skills required to create open, authentic and loving relationships--is the spiritual discipline on which we will focus this Lent.

Sunday Worship – We will focus on Gospel stories of personal encounters with Jesus, and particularly the questions Jesus asked as He invited people to open their hearts and to see differently.

Wednesday Soup Suppers - On five Wednesdays during Lent, (February 17, 24, March 3, 10, 17), we'll gather for a simple supper of soup, salad & bread, and practice together how to enhance the quality of our relationships by building two essential skills: asking questions to learn rather than to judge, and listening deeply. Soup Suppers will be from 6:30-8:00 pm in the Fireside Room.

Bible Study – On the Sundays, beginning February 14, five weeks of topical Bible study on *Suffering, Temptation, Repentance, Forgiveness, and Crucifixion*. Meet from 1:00-2:30pm in the Fireside Room.

Individual Lenten Disciplines – Traditionally, Christians have thought of Lent as a season of fasting, or “giving something up”. But fasting is only a spiritual practice if it brings you closer to God; otherwise it's a diet. This year, what if you fast from something that has stood in the way of relationship: your judgment, your fear, or your anger?

Individual or small group reading – we recommend the book, “*Gospeled Lives: Encounters with Jesus*”, by John Indermark.