

## Meditation Mondays

- Set aside 10 to 20 meditation minutes
- Be still and know that God is God
- Refuse to worry about the past or future
- Focus on the present
- Renew your mind, body, and soul

### *The Man Who Won't Go Away*

<b>Wed, March 1</b>	<b>Ash Wednesday</b>
<b>Thu, March 2</b>	<i>Book, Chapters 1-2; Fasting/Noon</i>
<b>Fri, March 3</b>	<i>Fasting Friday ends at 3:00 pm</i>
<b>Sat, March 4</b>	<i>Sabbath: Rest and Reflection</i>
<b>Sun, March 5</b>	<b>First Sunday in Lent</b>

### *A Revolution in Humanity*

<b>Mon, March 6</b>	<i>Meditation Monday</i>
<b>Tue, March 7</b>	<i>Book, Chapter 3</i>
<b>Wed, March 8</b>	<i>Witnessing Wednesday</i>
<b>Thu, March 9</b>	<i>Book, Chapter 4; Fasting/Noon</i>
<b>Fri, March 10</b>	<i>Fasting Friday ends at 3:00 pm</i>
<b>Sat, March 11</b>	<i>Sabbath: Rest and Reflection</i>
<b>Sun, March 12</b>	<b>Second Sunday in Lent</b>

## Witnessing Wednesdays

- Say you are a Christian.
- Say why you are a Christian.
- Say how you became Christian.
- Invite them to a worship
- Ask if they would like to be a Christian.

### *The Power of Forgiveness*

<b>Mon, March 13</b>	<i>Meditation Monday</i>
<b>Tue, March 14</b>	<i>Book, Chapters 5-6</i>
<b>Wed, March 15</b>	<i>Witnessing Wednesday</i>
<b>Thu, March 16</b>	<i>Book, Chapter 7; Fasting/Noon</i>
<b>Fri, March 17</b>	<i>Fasting Friday ends at 3:00 pm</i>
<b>Sat, March 18</b>	<i>Sabbath: Rest and Reflection</i>
<b>Sun, March 19</b>	<b>Third Sunday in Lent</b>

### *Why It's a Small World After All*

<b>Mon, March 20</b>	<i>Meditation Monday</i>
<b>Tue, March 21</b>	<i>Book, Chapter 8</i>
<b>Wed, March 22</b>	<i>Witnessing Wednesday</i>
<b>Thu, March 23</b>	<i>Book, Chapters 9-10; Fasting/Noon</i>

## Fasting Fridays

- Fasting from Thursday noon to Friday 3pm\*
- Fasting to enhance prayer life - Acts 13:3
- Fasting intensifies worship - Lk 2:36-37
- Fasting cleanses the body, raises immunity
- God's chosen fast positions us to do and give more - Isa 58

\* Those with medical concerns should consult doctor before fasting.

<b>Fri, March 24</b>	<i>Fasting Friday ends at 3:00 pm</i>
<b>Sat, March 25</b>	<i>Sabbath: Rest and Reflection</i>
<b>Sun, March 26</b>	<b>Fourth Sunday in Lent</b>
<u><i>Old-Fashioned Marriage and History of Art</i></u>	
<b>Mon, March 27</b>	<i>Meditation Monday</i>
<b>Tue, March 28</b>	<i>Book, Chapter 11</i>
<b>Wed, March 29</b>	<i>Witnessing Wednesdays</i>
<b>Thu, March 30</b>	<i>Book, Chapter 12; Fasting/Noon</i>
<b>Fri, March 31</b>	<i>Fasting Friday ends at 3:00 pm</i>
<b>Sat, April 1</b>	<i>Sabbath: Rest and Reflection</i>
<b>Sun, April 2</b>	<b>Fifth Sunday in Lent</b>

### Three Days that Changed the World

<b>Mon, April 3</b>	<i>Meditation Monday</i>
<b>Tue, April 4</b>	<i>Book, Chapter 13</i>
<b>Wed, April 5</b>	<i>Witnessing Wednesdays</i>
<b>Thu, April 6</b>	<i>Book, Chapter 14; Fasting/Noon</i>
<b>Fri, April 7</b>	<i>Fasting Friday ends at 3:00 pm</i>
<b>Sat, April 8</b>	<i>Sabbath: Rest and Reflection</i>

### Holy Week

<b>Sun, April 9</b>	<b>Palm Sunday</b> <b>Friendship Evangelism Sunday</b>
<b>Mon, April 10</b>	<i>Meditation Monday</i>
<b>Tue, April 11</b>	<i>Book, Chapter 15</i>
<b>Wed, April 12</b>	<i>Witnessing Wednesday</i>
<b>Thu, April 13</b>	<b>Maundy Thursday</b> <i>Fasting/Noon</i>
<b>Fri, April 14</b>	<b>Good Friday</b> <i>Fasting Friday ends at 3:00 pm</i>
<b>Sat, April 14</b>	<b>Holy Saturday</b>
<b>Sun, April 16</b>	<b>Resurrection Sunday</b>

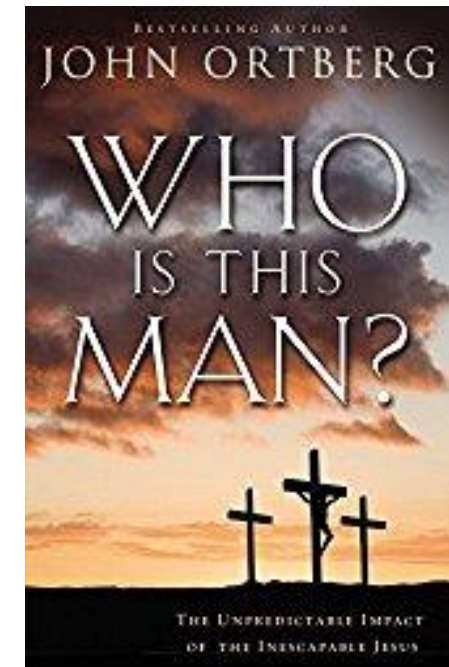
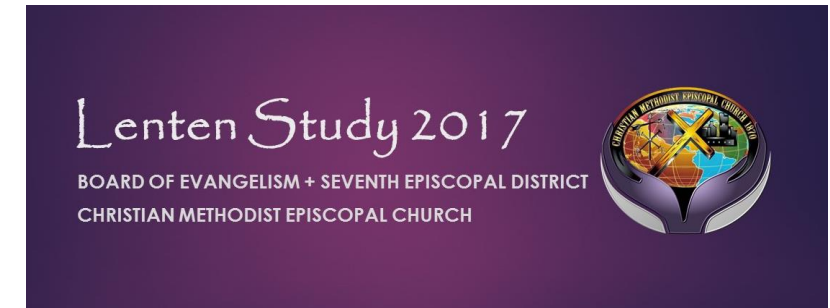
## Lenten Study 2017 Who is this Man? John Ortberg

On the eve of his crucifixion it seemed like Jesus' influence on the world had ended. On the contrary, it had just begun. In *Who Is This Man?*, John Ortberg reveals how Jesus has impacted civilization and individual human hearts. From the Dark Ages to Post-Modernity his influence has swept over history bringing inspiration to what has happened in art, science, government, medicine, and education. He has taught humans about dignity, compassion, forgiveness, and hope. John Ortberg is the senior pastor at Menlo Park Presbyterian Church and the author of many books on spiritual formation.

Lenten Study 2017 includes a sermon series, DVD, book study, and small group discussion.

For more information:

[www.cynthiajohnsonoliver.com/category/cme-lenten-study](http://www.cynthiajohnsonoliver.com/category/cme-lenten-study)



### Lenten Study, 2017 Reading Guide

Rev. Cynthia Johnson-Oliver, Director of Evangelism  
Bishop James B. Walker, Presiding Prelate  
Seventh Episcopal District  
Christian Methodist Episcopal Church