

LENT⁴ AT EMMAUS

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Lent is a fast that prepares us for a feast. Each week, during this 40 day season leading to Easter, we'll embrace a specific fast. You're invited to join in. Each week's teaching will lay the foundation for a specific, week-long experience of recognizing true needs - both our own needs and the needs of others.

THIS WEEK'S FAST:

This week, rather than fasting (or subtracting) something, consider adding something. You're invited to give an undeserved gift every day. This could be an encouraging note, a meal to someone in need, childcare for a friend...anything. Why? To practice generosity. To learn to LOVE MERCY. Jesus said "it is more blessed to give than to receive." Be blessed this week!

THIS WEEK'S READINGS:

M: Psalm 146; Isaiah 59:9-19; Acts 9:1-20
T: Psalm 146; Isaiah 42:14-21; Colossians 1:9-14
Annunciation of the Lord Wednesday: Psalm 146;
Isaiah 60:17-22; Matthew 9:27-34
Th: Psalm 130; Ezekiel 1:1-3, 2:8-3:3; Rev. 10:1-11
Fr: Psalm 130; Ezekiel 33:10-16; Rev. 11:15-19
S: Psalm 130; Ezekiel 36:8-15; Luke 24:44-53

THIS WEEK'S QUESTIONS:

- . What is the hardest part of loving mercy for you?
- . Can you think of a time when you received unexpected mercy? Share.
- . Can you identify who you find the most difficult to show mercy?
- . What is the relationship between justice and mercy?



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let's stay connected!

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email:

address: