

# SIGNS OF LIFE & THE WAY OF LOVE

“We hope that our exploration of the symbols of Christian worship in *Signs of Life* will inspire all those who are walking *The Episcopal Church’s Way of Love*. This calendar of daily practices brings together these two complementary approaches to our shared vision of living a Jesus-centered life.”  
—Br. James Koester, SSJE



**THE WAY OF LOVE**  
*Practices for Jesus-Centered Life*

Living a Jesus-centered life is an intentional commitment to a set of practices. It is a pledge to follow Jesus: Turn, Learn, Pray, Worship, Bless, Go, Rest. As you study and reflect on the Signs of Life (light, water, food, shelter, and community) throughout Lent, imagine the depth of what you will discover, both in yourself and in others, if you walk the Way of Love.

Get Started on the Way of Love:  
[www.episcopalchurch.org/wayoflove](http://www.episcopalchurch.org/wayoflove)

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## Mailing Info

**LIGHT** Where is the light in your life?  
**WATER** What keeps you afloat?  
**FOOD** For what do you hunger?  
**SHELTER** Where do you feel most at home?  
**COMMUNITY** Who is your community?

# Lent 2020

## SIGNS OF LIFE

why church matters



Beginning Ash Wednesday, join the Brothers of the **Society of Saint John the Evangelist** and the Department of **Lifelong Learning at Virginia Theological Seminary** in a study of the Signs of Life throughout the holy season of Lent.

[SignsofLife.org](http://SignsofLife.org)

Worship engages what we most deeply value and need, and has the power to transform our lives. Join the Brothers of SSJE in exploring the signs and symbols at the heart of Christian worship.

While it is a common tradition to give up something for Lent, this year we invite you to consider taking something on: delve into the Signs of Life and discover the riches of our worship traditions, liturgy and sacraments, and the art and architecture of our worship spaces. We hope this calendar of practices will help you to dig deep and experience the full meaning of these signs.

A robust curriculum can be found online at [SignsofLife.org](http://SignsofLife.org): worship, prayers, and reflection questions for both large and small groups to deepen your experience of Christian vocation and guide you toward ongoing conversion of life.

### SIGNSOFLIFE.ORG

Deep content, custom landing pages

### READER

28-page intro booklet on why church matters

### FACILITATOR GUIDES

Materials for adult forums and small groups

### WEEKLY VIDEO

In-depth 15-min exploration of each theme

### DAILY PRACTICES

Inspiring daily prompts linked to the Way of Love

### BROTHER, GIVE US A WORD

The Brothers' daily email takes up *Signs of Life* for Lent

### PODCAST

Listen to the whole conversation



It became the custom of the Church to prepare for the days of our Lord's passion and resurrection with a season of penitence. We are invited to the observance of a holy Lent, by self-examination and repentance; by prayer, fasting, and self-denial; and by reading and meditating on God's holy Word. This calendar invites you to connect scripture, liturgy, and practice through the signs of light, water, food, shelter, and community to follow the Way of Love.

**LENT 2020 DAILY PRACTICES**

<b>THE WAY OF LOVE</b>	<b>Worship:</b> <i>Gather in Community to thank, praise, and dwell with God.</i>	<b>Pray:</b> <i>Dwell Intentionally with God each day.</i>	<b>Learn:</b> <i>Reflect on Scripture each day, especially on Jesus' life and teachings.</i>	<b>Turn:</b> <i>Turn, listen and choose to follow Jesus.</i>	<b>Bless:</b> <i>Share faith and unselfishly give and serve.</i>	<b>Go:</b> <i>Cross boundaries, listen deeply and live like Jesus.</i>	<b>Rest:</b> <i>Receive the gift of God's grace, peace and restoration.</i>
	<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
				<b>Feb 26</b> <b>Ash Wednesday</b> Pray for strength to observe a holy Lent.	<b>27</b> Invite someone to something life-giving. Maybe it's church.	<b>28</b> Ask God to help you see the world the way God sees the world.	<b>29</b> Praise God for your life – through words or by doing something that brings you joy.
<b>LIGHT</b> <i>Where is the light in your life?</i>	<b>March 1</b> Worship in community today. Watch "Signs of Life: Light" video.	<b>2</b> Read The Third Song of Isaiah (BCP 87). Sit silently. Invite God to speak through this reading.	<b>3</b> Jesus says, "I am the light of the world." Where is the light in your life?	<b>4</b> Turn off all screens tonight. Watch darkness fall and be present to it.	<b>5</b> Smile at or greet everyone you see today.	<b>6</b> Tell the truth today.	<b>7</b> Light a candle. Dwell in the presence of God.
<b>WATER</b> <i>What keeps you afloat?</i>	<b>8</b> Worship in community today. Watch "Signs of Life: Water" video.	<b>9</b> Read Proper 15 (BCP 232). Sit silently. Invite God to speak through this reading.	<b>10</b> Jesus says, "I am the way and the truth and the life." What in your life needs to be entrusted to Jesus?	<b>11</b> Confess sins to God. Receive the grace of Jesus and begin again.	<b>12</b> Who do you know who is weathering a storm? How can you be a life-raft for them today?	<b>13</b> Ask God to help you forgive those who have hurt you.	<b>14</b> Be present to the sensation of flowing water. Give thanks for your baptism.
<b>FOOD</b> <i>For what do you hunger?</i>	<b>15</b> Worship in community today. Watch "Signs of Life: Food" video	<b>16</b> Read The Song of Mary (BCP 119). Sit silently. Invite God to speak through this reading.	<b>17</b> Jesus says, "I am the bread of life." For what do you hunger?	<b>18</b> Fast today. Pay attention to the ways in which you are hungry.	<b>19</b> Share your blessings. Buy a meal for a hungry person or make a donation to a food bank.	<b>20</b> Eat a meal with someone you may not know or normally eat with.	<b>21</b> Take time to linger over a meal. Savor the flavors and the slower pace.
<b>SHELTER</b> <i>Where do you feel most at home?</i>	<b>22</b> Worship in community today. Watch "Signs of Life: Shelter" video.	<b>23</b> Read Psalm 31 (BCP 129). Sit silently. Invite God to speak through this reading.	<b>24</b> Jesus says, "I am the Good Shepherd." How has God kept you safe?	<b>25</b> Journal about a time when you wandered from God.	<b>26</b> Be a safe place for others today. Lend a listening ear.	<b>27</b> Drive or walk through a neighborhood not your own. Pray for all who live there.	<b>28</b> What is something you can give yourself permission to step away from today and rest?
<b>COMMUNITY</b> <i>Who is your community?</i>	<b>29</b> Worship in community today. Watch "Signs of Life: Community" video.	<b>30</b> Read the Prayer attributed to St. Francis (BCP 833). Sit silently. Invite God to speak through this reading.	<b>31</b> Jesus says, "I am the vine; you are the branches." Who is your community?	<b>April 1</b> Invite silence into all your interactions today.	<b>2</b> Call a friend just to catch up.	<b>3</b> Contact a local elected representative. Talk to them about a vulnerable group in your community.	<b>4</b> Have fun with friends today. Be joyful.

Now it's time to participate in the sacred rites and rituals of Holy Week. Look for Signs of Life as you walk the way of the cross and resurrection with your local community and with SSJE.org.