

# Holy Week Devotions



As we head into **Holy Week**, I'd like to share an poem/excerpt that gives us much to focus our hearts and minds on as we walk through the sorrow and joy of this week. Being that this version of the poem **True Lenten Discipline** has seven suggestions, it works out perfectly to look at one each day during Holy Week. On Monday we'll begin with a brief devotion to encourage us and start a discussion on the first topic in the excerpt—judging.

We'd love to have your participation—a conversation is always better with more two or more people! If you'd like, please add your comments each day at the end of the devotion.

Feel free to adapt this to your life. Perhaps you want to spend a meal or a day in **fasting**. Maybe you want to take an afternoon and set aside some time for **prayer** to prepare your heart for Easter. Whatever you decide, I pray this blesses you.

(I received this poem in an email from my friend a few days ago, and the author was credited as "Anonymous." I Googled the title and several versions popped up, some much longer, but I wasn't able to ascertain the true author. If anyone knows, please let me know.)

Here's the version we'll use this week:

## **TRUE LENTEN DISCIPLINE**

FAST from judging others; FEAST on Christ dwelling in you.

FAST from bitterness; FEAST on forgiveness.

FAST from apparent darkness; FEAST on the reality of God's light.

FAST from thoughts of illness; FEAST on the healing power of God.

FAST from words that pollute; FEAST on phrases that purify.

FAST from discontent; FEAST on gratitude.

FAST from anger; FEAST on patience.

### **Author Unknown**

You may also be interested in a **podcast** Mary and I will be recording tomorrow evening on this topic. I'll insert a link to it as soon as it is up. We'll see you tomorrow!

Pray on!

A stylized signature of the name 'Jane' written in a light blue, cursive script font.

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