

# The Way of the Heart: Lenten Series

February 18 to March 24, 2024 | 9–10am | Parlor

**Summary:** The season of Lent offers us the opportunity to look ahead to the celebration of Easter by taking a time of preparation to focus on our relationship with Jesus. You're invited to spend this season of focused devotion joining us in observing Lent through the lens of Henri Nouwen's book, "The Way of the Heart". We'll spend the next six weeks together discussing the central themes of Nouwen's work: Fleeing the world through solitude, understanding silence as an essential element of spirituality, and praying on all occasions.

While some of our memories associated with Lent involve the giving up of something to demonstrate devotion to God, this series focuses on gaining a new understanding and adding Nouwen's three central themes to devotional life.

**Teachers:** Chip B, Mady S. Potentially Tyler B-M., Jon R., Bailey P, or Jeanette S.

**Promotion plan:** Friday Email, Sunday Announcements (In current Sunday School classes), Weekly email or text blast leading up to class.

## Outline

- Week 1, 2/18 – Introduction and Solitude | Awareness of the culture we live in | Compulsion
- Week 2, 2/25 – Solitude | Furnace of Transformation | A Compassionate Faith
- Week 3, 3/3 – Silence | The Wordy World | Being Comfortable with Silence
- Week 4, 3/10 – Silence | Silence as an Organizing Principle | The Portable Cell
- Week 5, 3/17 – Prayer | Being Alone with God | The Prayer of the Mind | The Prayer of the Heart
- Week 6, 3/24 – Prayer and Conclusion | Practicing Prayer | The Way of the Desert