

Lent: A Season of Reflection and Renewal

We invite you on a meaningful journey—Moving from Head to Heart: A Journey from Knowing to Experiencing God.



It's one thing to know about God, but another to truly experience Him. This season calls us to move beyond intellect and into deeper relationship—to let God's presence settle into our hearts and transform us.

Join us for a contemplative worship service designed to create sacred space for stillness, deep reflection, and a personal encounter with God. In the midst of life's busyness, this service offers a time to slow down, listen, and open your heart to God's presence. Through gentle, reflective music, we create an atmosphere that invites peace, prayer, and deep connection with the divine.

One powerful way to journey from head to heart is through contemplative Bible reading. Instead of simply studying Scripture, we engage with it, allowing God's Word to move from knowledge to personal encounter. Step into a sacred rhythm of worship, music, and reflection. Open your heart, embrace the stillness, and experience God in a fresh, transformative way.

1 Knowing About God \rightarrow Experiencing God Practices: Lectio Divina, contemplative prayer, silence

2 Belief \rightarrow Trust and Surrender Reflecting on Jesus' 40 days in the wilderness (Matthew 4:1-11)

 $3 \text{ Doctrine} \rightarrow \text{Discipleship in Action}$ Serving others as an expression of lived faith (Isaiah 58:6-7)

Fourth Sunday of Lent: March 30 ~ Isaiah 53: 1-6 ~ The wounds we bear together

Week 4: The Wounds We Bear Together

Scripture: Isaiah 53:1-6

Who has believed what we have heard? And to whom has the arm of the Lord been revealed? For he grew up before him like a young plant, and like a root out of dry ground; he had no form or majesty that we should look at him, nothing in his appearance that we should desire him. He was despised and rejected by others; a man of suffering and acquainted with infirmity; and as one from whom others hide their faces he was despised, and we held him of no account.

"Surely he took up our pain and bore our suffering..."

yet we accounted him stricken, struck down by God, and afflicted. But he was wounded for our transgressions, crushed for our iniquities; upon him was the punishment that made us whole, and by his bruises we are healed. All we like sheep have gone astray; we have all turned to our own way, and the Lord has laid on him the iniquity of us all.

Reflection: Christ bore our pain and invites us to do the same for one another. We are never alone in our suffering.

Prayer: Lord, give me the strength to walk with others through pain and sorrow, just as You walk with me. Amen.

Challenge: Offer words of encouragement or a prayer for someone going through a difficult time.



Become a reading buddy to a 2nd grader at Valley View Elementary School Commitment: 1 hour (10:30am to Noon) the last Thursday of every month. The next reading session will be Thursday, March 27.



Community Dinner Next dinner, Tuesday, April 8 5:00 – 6:30pm Serving meatball subs Your financial support is always a welcomed gift. Sign up on the bulletin board or call the office if

you have questions.

Opportunítíes to Serve

Check the bulletin board to see how you can help.

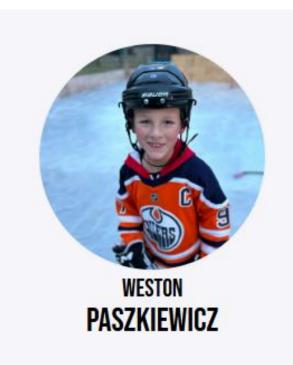




Do you or someone you know need prayers? Contact the office to be included on the prayer list.

Click here for the prayer list

<u>Click here to see who is</u> <u>celebrating birthdays and</u> <u>anniversaries this month</u>



St. Tim's is praying for Weston Paszkiewicz. Weston is the 9-year-old great-grandson of Shirley Hartley and has been diagnosed with leukemia and will be hospitalized and receiving treatment for several weeks. There is a Caring Bridge page set up for Weston. If you would like information on how to access it, talk with Pastor Michelene.