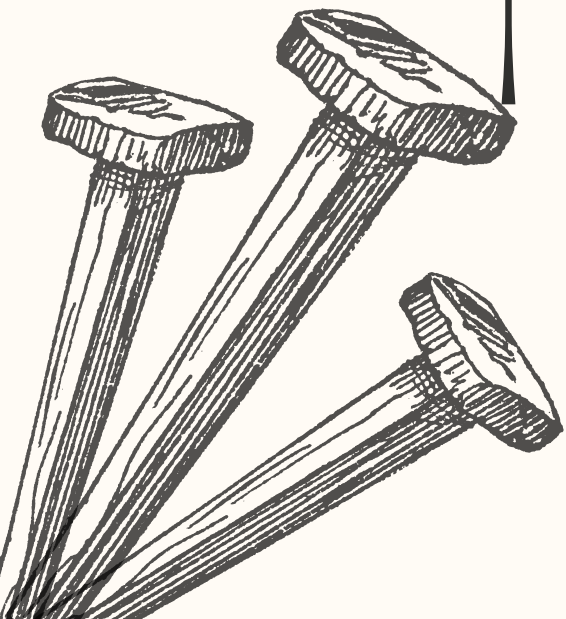
LENT

OUR LADY QUEEN OF PEACE
JOURNAL

a lenten journey with Jesus



For such a time as this.

Dear Chapel Family,

The irony isn't lost on us that this Lent, we are continuing to fast from our normal way of doing things. A year of masks, social distancing, and forced innovation has left us tired and longing for redemption and freedom. These 40 days leading up to Easter, we bury our hallelujahs and look with hope toward the resurrection.

During such difficult times, it has become crucial for us to rely on our toolbox of spiritual practices. During Lent, we invite you to explore the various ways you can experience and practice prayer in your daily lives. Prayer can engage all the senses as you connect with God, and our prayer is that you experience prayer anew using the suggested practices in this journal.

As we embark on this new season, be encouraged! Church certainly looks different this year, but we are never far from God.

This Lenten resource was created in hopes that you will find a deeper connection to him. You will find daily journaling prompts to help you become grounded in Christ in this season, along with weekly prayer practices. We've also curated a free special playlist to help you get connected and focused during your intimate time with God. Search for 'WPAFB Chapel Lenten Soak' on Spotify.

With Love,
Your Catholic Staff

What is Lent?

Lent is a season of forty days, not counting Sundays, which begins on Ash Wednesday and ends on Holy Saturday. The forty days represent the time Jesus spent in the wilderness, enduring the temptation of Satan and preparing to begin his ministry.

Lent is a time of repentance, fasting, and preparation for the coming of Easter. It is a time of self-examination and reflection. In the early church, Lent began as a period of fasting and preparation for baptism by new converts and then became a time of penance by all Christians. Today, Christians focus on the relationship with God, growing as disciples and extending ourselves, often choosing to give up something or to volunteer and give of ourselves for others.

Sundays in Lent are not counted in the forty days because each Sunday represents a "mini-Easter." This is why you will see the designation "Sunday in Lent" rather than "Sunday of Lent" in the naming of these Sundays.

On each Lord's Day in Lent, while Lenten fasts continue, the reverent spirit of Lent is tempered with joyful anticipation of the Resurrection.

While you're reading the scriptures and responding in prayer and journaling, ask yourself, for what do I need to repent and how am I preparing myself and my family for the coming of Christ.

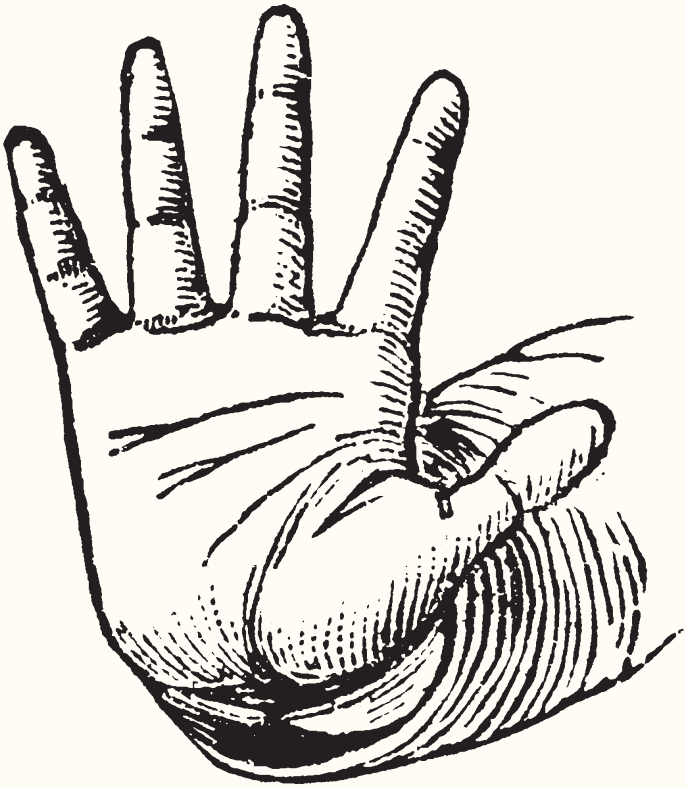
Journal Writing Exercise

FEBRUARY 18TH, 2021
PSALM 25:1-10; DANIEL 9:1-14; 1 JOHN 1:3-10

Read the scriptures above, spend a few moments with God and write how you're feeling, what you've learned, what he spoke to you or a prayer. This is your space to connect with him.

5 Finger Prayer

5 Finger Prayer Using the info below as a guide,
pray for different groups of people as you touch each finger.
Thumb: pray for those closest to you, your family and friends.
Index finger: pray for people who give direction like teachers,
coaches, health care workers, therapists, first responders, etc.
Middle finger: pray for leaders in governments, businesses, the church, etc.
Ring finger: pray for those who are sick, vulnerable, and most in need
Pinky finger: pray for yourself and your own needs



Journal Writing Exercise

FEBRUARY 19TH, 2021
PSALM 25:1-10; DANIEL 9:15-25A; 2 TIMOTHY 4:1-5

Read the scriptures above, spend a few moments with God and write how you're feeling, what you've learned, what he spoke to you or a prayer. This is your space to connect with him.

Journal Writing Exercise

FEBRUARY 20TH, 2021
PSALM 25:1-10; PSALM 32; MATTHEW 9:2-13

Read the scriptures above, spend a few moments with God and write how you're feeling, what you've learned, what he spoke to you or a prayer. This is your space to connect with him.

Journal Writing Exercise

FEBRUARY 22ND, 2021
PSALM 77; JOB 4:1-21; EPHESIANS 2:1-10

Read the scriptures above, spend a few moments with God and write how you're feeling, what you've learned, what he spoke to you or a prayer. This is your space to connect with him.

Coloring Prayer

Warm-up by drawing some doodles, squiggles, lines, circles, dots, etc. on a piece of blank paper. When ready follow these directions: Take a deep breath and slowly exhale. Repeat a few times. You may want to light a candle as a visual reminder to be quiet and in prayer. Write God or a favorite name for God (i.e. Gracious God, Loving God, Creator, etc) somewhere on the paper and doodle around the name. Take turns sharing a prayer request or praise. Set a timer for about 3 minutes. Write down the praise/prayer either with words or a picture and then doodle around it while praying or praising God for the request. When you are ready to end, write Amen or your favorite prayer closing somewhere on your paper.

Journal Writing Exercise

FEBRUARY 23RD, 2021
PSALM 77; JOB 5:8-27; 1 PETER 3:8-18A

Read the scriptures above, spend a few moments with God and write how you're feeling, what you've learned, what he spoke to you or a prayer. This is your space to connect with him.

Journal Writing Exercise

FEBRUARY 24TH, 2021
PSALM 77; PROVERBS 30:1-9; MATTHEW 4:1-11

Read the scriptures above, spend a few moments with God and write how you're feeling, what you've learned, what he spoke to you or a prayer. This is your space to connect with him.

Psalm 23

Inhale:
I will not be afraid

Exhale:
For You are with me

Breath Prayers

Repeat the phrase below in one breath.
Say one part as you inhale and the rest as you exhale.
You can say breath prayers out loud, in a whisper, or silently.
Breath prayers are wonderful as a calming, meditative practice.

Journal Writing Exercise

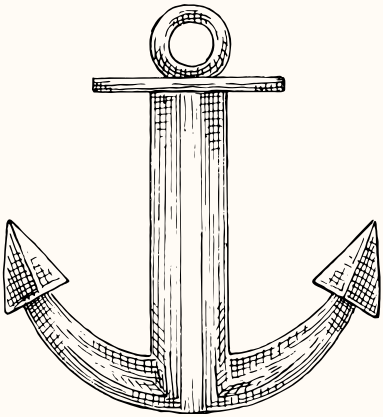
FEBRUARY 25TH, 2021
PSALM 22:23-31; GENESIS 15:1-6, 12-18; ROMANS 3:21-31

Read the scriptures above, spend a few moments with God and write how you're feeling, what you've learned, what he spoke to you or a prayer. This is your space to connect with him.

Journal Writing Exercise

FEBRUARY 26TH, 2021
PSALM 22:23-31; GENESIS 16:1-6; ROMANS 4:1-12

Read the scriptures above, spend a few moments with God and write how you're feeling, what you've learned, what he spoke to you or a prayer. This is your space to connect with him.



Psalm 46:1

Inhale:
You are
our refuge

Exhale:
And our strength

Breath Prayers

Repeat the phrase below in one breath.
Say one part as you inhale and the rest as you exhale.
You can say breath prayers out loud, in a whisper, or silently.
Breath prayers are wonderful as a calming, meditative practice.

Journal Writing Exercise

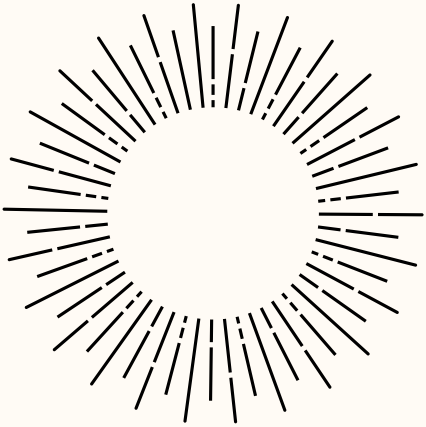
FEBRUARY 27TH, 2021
PSALM 22:23-31; GENESIS 16:7-15; MARK 8:27-30

Read the scriptures above, spend a few moments with God and write how you're feeling, what you've learned, what he spoke to you or a prayer. This is your space to connect with him.

Journal Writing Exercise

MARCH 1ST, 2021
PSALM 105:1-11, 37-45; GENESIS 21:1-7; HEBREWS 1:8-12

Read the scriptures above, spend a few moments with God and write how you're feeling, what you've learned, what he spoke to you or a prayer. This is your space to connect with him.



2 Corinthians 12:9

Inhale:
Your grace

Exhale:
Is enough for me

Breath Prayers

Repeat the phrase below in one breath.
Say one part as you inhale and the rest as you exhale.
You can say breath prayers out loud, in a whisper, or silently.
Breath prayers are wonderful as a calming, meditative practice.

Journal Writing Exercise

MARCH 2ND, 2021

PSALM 105:1-11, 37-45; GENESIS 22:1-19; HEBREWS 11:1-3, 13-19

Read the scriptures above, spend a few moments with God and write how you're feeling, what you've learned, what he spoke to you or a prayer. This is your space to connect with him.

Finger Labyrinth

Use your finger to trace the path slowly and pray quietly or out loud as you go. You can pray for others or yourself. You can pray with words or without words.

Journal Writing Exercise

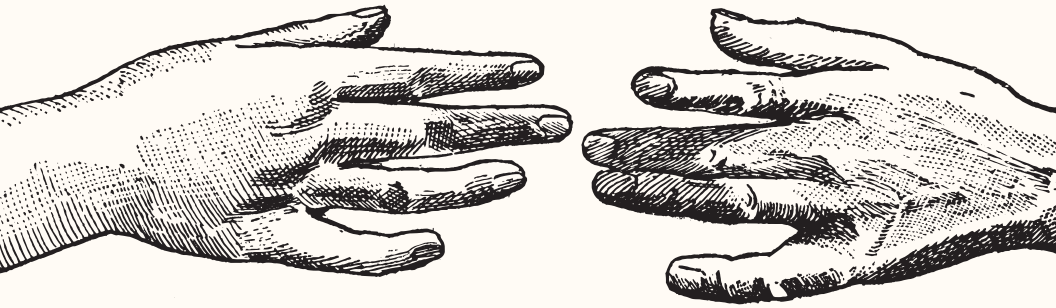
MARCH 3RD, 2021
PSALM 105:1-11, 37-45; JEREMIAH 30:12-22; JOHN 12:36-43

Read the scriptures above, spend a few moments with God and write how you're feeling, what you've learned, what he spoke to you or a prayer. This is your space to connect with him.

Journal Writing Exercise

MARCH 4TH, 2021
PSALM 19; EXODUS 19:1-9A; 1 PETER 2:4-10

Read the scriptures above, spend a few moments with God and write how you're feeling, what you've learned, what he spoke to you or a prayer. This is your space to connect with him.



Psalm 46:10

Inhale:
Be still

Exhale:
And know that you are God

Breath Prayers

Repeat the phrase below in one breath.
Say one part as you inhale and the rest as you exhale.
You can say breath prayers out loud, in a whisper, or silently.
Breath prayers are wonderful as a calming, meditative practice.

Journal Writing Exercise

MARCH 5TH, 2021
PSALM 19; EXODUS 19:9B-15; ACTS 7:30-40

Read the scriptures above, spend a few moments with God and write how you're feeling, what you've learned, what he spoke to you or a prayer. This is your space to connect with him.

Journal Writing Exercise

MARCH 6TH, 2021
PSALM 19; EXODUS 19:16-25; MARK 9:2-8

Read the scriptures above, spend a few moments with God and write how you're feeling, what you've learned, what he spoke to you or a prayer. This is your space to connect with him.

Journal Writing Exercise

MARCH 8TH, 2021
PSALM 84; 1 KINGS 6:1-4, 21-22; 1 CORINTHIANS 3:10-23

Read the scriptures above, spend a few moments with God and write how you're feeling, what you've learned, what he spoke to you or a prayer. This is your space to connect with him.

Journal Writing Exercise

MARCH 9TH, 2021
PSALM 84; 1 KINGS 6:1-4, 21-22; 1 CORINTHIANS 3:10-23

Read the scriptures above, spend a few moments with God and write how you're feeling, what you've learned, what he spoke to you or a prayer. This is your space to connect with him.

Journal Writing Exercise

MARCH 10TH, 2021
PSALM 84; EZRA 6:1-16; MARK 11:15-19

Read the scriptures above, spend a few moments with God and write how you're feeling, what you've learned, what he spoke to you or a prayer. This is your space to connect with him.

Journal Writing Exercise

MARCH 11TH, 2021
PSALM 107:1-3, 17-22; GENESIS 9:8-17; EPHESIANS 1:3-6

Read the scriptures above, spend a few moments with God and write how you're feeling, what you've learned, what he spoke to you or a prayer. This is your space to connect with him.

Journal Writing Exercise

MARCH 12TH, 2021
PSALM 107:1-3, 17-22; DANIEL 12:5-13; EPHESIANS 1:7-14

Read the scriptures above, spend a few moments with God and write how you're feeling, what you've learned, what he spoke to you or a prayer. This is your space to connect with him.

Journal Writing Exercise

MARCH 13TH, 2021
PSALM 107:1-3, 17-22; NUMBERS 20:22-29; JOHN 3:1-13

Read the scriptures above, spend a few moments with God and write how you're feeling, what you've learned, what he spoke to you or a prayer. This is your space to connect with him.

Journal Writing Exercise

MARCH 15TH, 2021
PSALM 107:1-16; EXODUS 15:22-27; HEBREWS 3:1-6

Read the scriptures above, spend a few moments with God and write how you're feeling, what you've learned, what he spoke to you or a prayer. This is your space to connect with him.

Journal Writing Exercise

MARCH 16TH, 2021
PSALM 107:1-16; NUMBERS 20:1-13; 1 CORINTHIANS 10:6-13

Read the scriptures above, spend a few moments with God and write how you're feeling, what you've learned, what he spoke to you or a prayer. This is your space to connect with him.

Meditation Jar

You will need:
Clear jar with lid
Hot water
Glitter Glue
Optional: more
glitter, confetti,
beads, etc.
Scissors

To make a meditation jar:
Pour an entire 6oz container of glitter glue into a clear jar.
Add any additional glitter, confetti, beads, or other waterproof craft supplies.
Fill the jar with hot water (not boiling, just hot).
Twist the lid on tight (you might consider adding hot glue around the perimeter).
While water is still hot, shake the jar vigorously until the glue is dissolved.

To use the meditation jar:
Shake it up! You can do this for as long as you need to shake out any extra energy, anxiety, frustration, or jitters. When you're ready, set the jar down and breathe deeply as you watch the glitter settle. Imagine that the glitter represents your thoughts, words, and actions, and remember that, just like Jesus calmed the storm, Jesus can calm our hearts.

Journal Writing Exercise

MARCH 17TH, 2021
PSALM 107:1-16; ISAIAH 60:15-22; JOHN 8:12-203

Read the scriptures above, spend a few moments with God and write how you're feeling, what you've learned, what he spoke to you or a prayer. This is your space to connect with him.

Journal Writing Exercise

MARCH 18TH, 2021
PSALM 51:1-12; ISAIAH 30:15-18; HEBREWS 4:1-13

Read the scriptures above, spend a few moments with God and write how you're feeling, what you've learned, what he spoke to you or a prayer. This is your space to connect with him.

Journal Writing Exercise

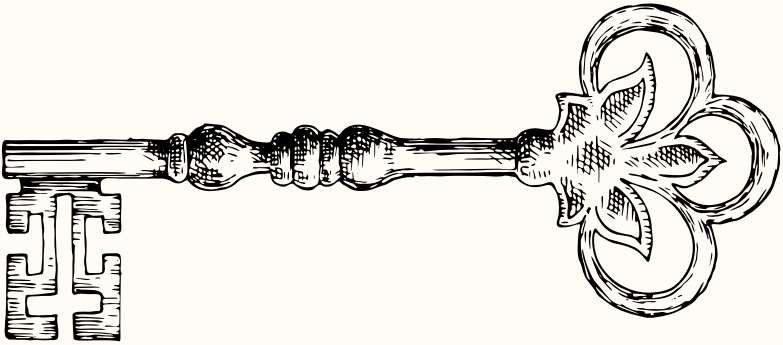
MARCH 19TH, 2021
PSALM 51:1-12; EXODUS 30:1-10; HEBREWS 4:14-5:4

Read the scriptures above, spend a few moments with God and write how you're feeling, what you've learned, what he spoke to you or a prayer. This is your space to connect with him.

Journal Writing Exercise

MARCH 20TH, 2021
PSALM 51:1-12; HABAKKUK 3:2-13; JOHN 12:1-11

Read the scriptures above, spend a few moments with God and write how you're feeling, what you've learned, what he spoke to you or a prayer. This is your space to connect with him.



Philippians 4:7

Inhale:
Peace of Christ

Exhale:
Guard my heart and mind

Breath Prayers

Repeat the phrase below in one breath.
Say one part as you inhale and the rest as you exhale.
You can say breath prayers out loud, in a whisper, or silently.
Breath prayers are wonderful as a calming, meditative practice.

Journal Writing Exercise

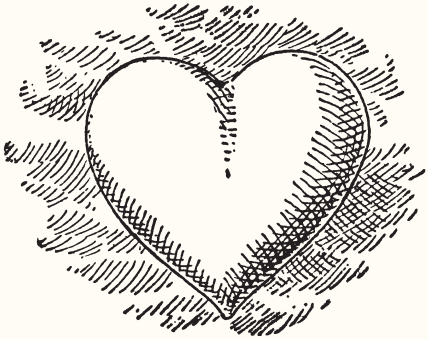
MARCH 22ND, 2021
PSALM 119:9-16; ISAIAH 43:8-13; 2 CORINTHIANS 3:4-11

Read the scriptures above, spend a few moments with God and write how you're feeling, what you've learned, what he spoke to you or a prayer. This is your space to connect with him.

Journal Writing Exercise

MARCH 23RD, 2021
PSALM 119:9-16; ISAIAH 44:1-8; ACTS 2:14-24

Read the scriptures above, spend a few moments with God and write how you're feeling, what you've learned, what he spoke to you or a prayer. This is your space to connect with him.



Romans 8:38–39

Inhale:
Nothing can separate me

Exhale:
From God's love

Breath Prayers

Repeat the phrase below in one breath.
Say one part as you inhale and the rest as you exhale.
You can say breath prayers out loud, in a whisper, or silently.
Breath prayers are wonderful as a calming, meditative practice.

Journal Writing Exercise

MARCH 24TH, 2021
PSALM 119:9-16; HAGGAI 2:1-9, 20-23; JOHN 12:34-50

Read the scriptures above, spend a few moments with God and write how you're feeling, what you've learned, what he spoke to you or a prayer. This is your space to connect with him.

Journal Writing Exercise

MARCH 25TH, 2021
PSALM 45: ISAIAH 7:10-14; HEBREWS 10:4-10; LUKE 1:26-38

Read the scriptures above, spend a few moments with God and write how you're feeling, what you've learned, what he spoke to you or a prayer. This is your space to connect with him.

Inhale:
Come

Exhale:
Lord Jesus

Breath Prayers

Repeat the phrase below in one breath.
Say one part as you inhale and the rest as you exhale.
You can say breath prayers out loud, in a whisper, or silently.
Breath prayers are wonderful as a calming, meditative practice.

Journal Writing Exercise

MARCH 26TH, 2021

PSALM 118:1-2, 19-29; JEREMIAH 33:1-9; PHILIPPIANS 2:12-18

Read the scriptures above, spend a few moments with God and write how you're feeling, what you've learned, what he spoke to you or a prayer. This is your space to connect with him.

Journal Writing Exercise

MARCH 27TH, 2021

PSALM 118:1-2, 19-29; JEREMIAH 33:10-16; MARK 10:32-34, 46-52

Read the scriptures above, spend a few moments with God and write how you're feeling, what you've learned, what he spoke to you or a prayer. This is your space to connect with him.

Psalm 56:3

Inhale:
When I am afraid

Exhale:
I will trust you

Breath Prayers

Repeat the phrase below in one breath.
Say one part as you inhale and the rest as you exhale.
You can say breath prayers out loud, in a whisper, or silently.
Breath prayers are wonderful as a calming, meditative practice.

Journal Writing Exercise

MARCH 28TH, 2021
PSALM 118:1-2, 19-29; MARK 11:1-11; JOHN 12:12-16

Read the scriptures above, spend a few moments with God and write how you're feeling, what you've learned, what he spoke to you or a prayer. This is your space to connect with him.

Nature Prayer Walk

There are many ways you can go on a nature prayer walk - choose one that works for you. As you begin your walk, say a prayer. Ask God to show you the unique and ordinary in creation.

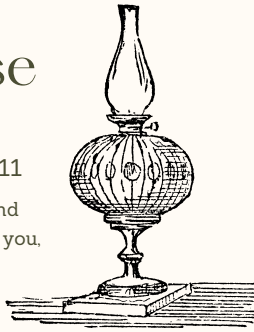
Quiet Walk - Ask everyone to walk in silence, saying their own quiet prayer as they walk.

Pray As You Go - Walk together, when you come to something that catches your eye, say a prayer. It could be as simple as "Thank you God for this thing" or "Thank you God for this thing because it reminds me of _____."

Can't go outside? Check out one of these virtual-hikes in nature: buzzfeed.com/laurenkeary/virtual-hikes-visit-national-parks-online-quarantine

Bird: Pray for someone important to you
Flower: Pray for those who care for others
Tree: Pray for leaders
Grass/Snow/Sand: Pray for teachers
Leaves: For your family
Bug: Pray for whatever you choose!

Journal Writing Exercise

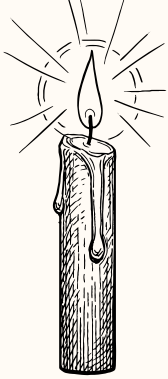


MARCH 29TH, 2021

ISAIAH 42:1-9, 19-29; PSALM 36:5-11; JOHN 12:1-11

Read the scriptures above, spend a few moments with God and write how you're feeling, what you've learned, what he spoke to you, or a prayer. This is your space to connect with him.

Journal Writing Exercise



MARCH 30TH, 2021
ISAIAH 49:1-7; PSALM 71:1-14; JOHN 12:20-36

Read the scriptures above, spend a few moments with God and write how you're feeling, what you've learned, what he spoke to you, or a prayer. This is your space to connect with him.

Journal Writing Exercise

MARCH 31ST, 2021

ISAIAH 50:4-9A; PSALM 70; HEBREWS 12:1-3; JOHN 13:21-32

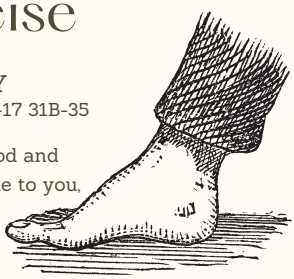
Read the scriptures above, spend a few moments with God and write how you're feeling, what you've learned, what he spoke to you, or a prayer. This is your space to connect with him.

Journal Writing Exercise

APRIL 1ST, 2021 - MAUNDY THURSDAY

EXODUS 12:1-4 (5-10), 11-14; PSALM 116:1-2, 12-19; JOHN 13:1-17 31B-35

Read the scriptures above, spend a few moments with God and write how you're feeling, what you've learned, what he spoke to you, or a prayer. This is your space to connect with him.



2 Corinthians 12:9

Inhale:
Your grace

Exhale:
Is enough for me

Breath Prayers

Repeat the phrase below in one breath.
Say one part as you inhale and the rest as you exhale.
You can say breath prayers out loud, in a whisper, or silently.
Breath prayers are wonderful as a calming, meditative practice.

Journal Writing Exercise

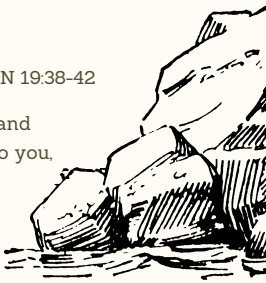
APRIL 2ND, 2021 - GOOD FRIDAY

ISAIAH 52:13-53:12; PSALM 22; HEBREWS 4:14-16; 5:7-9; JOHN 18:1-19:42

Read the scriptures above, spend a few moments with God and write how you're feeling, what you've learned, what he spoke to you, or a prayer. This is your space to connect with him.

Journal Writing Exercise

APRIL 3RD, 2021 - HOLY SATURDAY

JOB 14:1-14; LAMENTATIONS 3:1-9, 19-24; MATTHEW 27:57-66; JOHN 19:38-42

Read the scriptures above, spend a few moments with God and write how you're feeling, what you've learned, what he spoke to you, or a prayer. This is your space to connect with him.