



continuing the journey of

# transforming grace:

transforming presence

Reflection for the Second Week of Lent | February 25, 2024

*Opening Song:* Give Thanks India Arie

*Opening Prayer*  
Amanda Gorman, "The Hill We Climb"

*Scripture*  
I will walk before the Lord, in the land of  
the living Psalm 116

*Poem*  
**Lenten Fasting for Feast of  
Transforming Grace**

Fast from words that divide  
Feast on words that invite  
Fast from 'Either |Or' thinking  
Fast on 'Both | And' living  
Fast from convincing certitude  
Feast on space for uncertainty  
Fast from anger  
Feast on space for serenity  
Fast from algorithms  
Feast on discernment  
Fast from fear  
Feast on being willing to speak  
Fast from isolation  
Feast on connection.

*Practice*  
Jesus and the Woman at the Well

*For Reflection and Dialogue*  
**Fasting from Word that Divide**

This week, try fasting from spoken and unspoken words that divide.

Be attentive to words which create 'Either | Or' instead of 'Both | And' thinking.

Notice the way you think and speak of those who are "other."

Share your experience with another person or group.

*Closing Prayer*

In the presence of our God of Love,  
Let us watch for the invitation of Grace to be those who dismantle barriers that divide and polarize. May we choose to bear prophetic witness by our willingness to recognize our own complicity and create space for something else to be possible. Amen

*Opening Song*  
John Legend, We Need Love

