



LENTEN LITURGY 2019

Lord,
high and holy,
meek and lowly,

Thou hast brought me to the valley of vision,
where I live in the depths
but see Thee in the heights;
hemmed in by mountains of sin
I behold Thy glory.

Let me learn by paradox
that the way down is the way up,
that to be low is to be high,
that the broken heart is the healed heart,
that the contrite spirit is the rejoicing spirit,
that the repenting soul is the victorious soul,

that to have nothing is to possess all,
that to bear the cross is to wear the crown,
that to give is to receive,
that the valley is the place of vision.

Lord, in the daytime
stars can be seen from deepest wells,
and the deeper the wells
the brighter Thy stars shine;
let me find
Thy light in my darkness,
Thy life in my death,
Thy joy in my sorrow,
Thy grace in my sin,
Thy riches in my poverty,
Thy glory in my valley.

THE
VALLEY
OF
VISION

PRAYER BY
ARTHUR G. BENNETT

V

READ THROUGH VALLEY OF VISION PRAYER

Read through Valley of Vision prayer

The words of this prayer by Arthur G Bennett are printed in the front of this journal.

Pray them aloud.

|B

LOOK UP SCRIPTURE

Read the selected scripture for this week's posture. Let God's word soak into your soul, steeping your day with truth. Highlight anything that strikes you.

W

WRITE OUT SCRIPTURE

Open your journal to the corresponding pages for this posture. Use the space there to write out the selected passage, letting your hands help to write God's word on your heart.

P PRAY THROUGH SCRIPTURE

Pray back this scripture to God, and record it in your journal. Using scripture as a prayer, we teach our hearts to pray truth.

M MARK MAKING

Mark making is the use of line, pattern, or texture in art. Choose a mark and use it to fill the landscape of this week's posture. You can add words from the scripture as well. Do all of your mark making in one day, or just a little bit each day. This practice should be repetitive, so that it is meditative. A way to have the scripture permeate your thoughts and being.

D DO THE DOUBT

Choose your own means of processing the theme of the week, choose something that helps quiet your soul. Whether it is drawing, writing, running, yoga, cloud watching, this should be an act of liturgy to knead the truth of this week's posture into your heart. Consider the paradox of the gospel in your life and do the doubt by walking through the valley, not staying there. Remember, whatever you do, it's not about your final product or achieving a goal exactly. Instead, it's about the process, the doing, mulling over the truth and doing it creatively as image bearer of the Creator.

W

6

LEARN BY PARADOX

Read through the Valley of Vision Prayer in the beginning of this journal. Begin to consider the paradox of the gospel.

TH

7

THE VALLEY

Use the instructions on WondernAwe.com to create the “landscape” journal that is additional to this one. It is a visual roadmap of your journey through the lenten season. Paint, draw, mark or write on the corresponding pages for each paradox.

F

8

FINDING THE VISION

Pray the Valley of Vision aloud. Gather your supplies for this 6 week liturgical work.

You will need:

- To choose 3-5 colors (pens, markers, paint) as your palette
- Select a favorite writing instrument for notes and journaling
- A box or container to store your journal and art supplies throughout lent

HEMMED IN BY THE MOUNTAIN

SA

9

Write the words of the prayer on the front page of your landscape. Ask God to do a great work in your life through this process.

REST

SUN

10

my palette

ENTERING
THE
VALLEY

PREPARING

V

|B

W

|P

M

|D

THY LIGHT IN MY DARKNESS

2 CORINTHIANS 4:1-6 (JOHN 8:12-30)

POSTURE

1

V

|B

W

|P

M

|D

THY **LIFE** IN MY DEATH

COLOSSIANS 3:1-17

POSTURE

2

V

|B

W

|P

M

|D

THY JOY IN MY SADNESS

JOHN 16:16-24

POSTURE

3

V

|B

W

|P

M

|D

THY GRACE IN MY SIN

HEBREWS 4: 14-16, 10 :1-18

POSTURE

4

V

|B

W

|P

M

|D

THY RICHES IN MY POVERTY

PHILIPPIANS 2:1-11

POSTURE

5

V

|B

W

|P

M

|D

THY **GLORY** IN MY VALLEY

HEBREWS 1:1-3

POSTURE

6



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