



# TAKE NOTHING WITH YOU

## FIRST UNITED CHURCH OF OAK PARK

## OUR LENTEN JOURNEY

---

We invite you to enter into the season of Lent considering how you can grow spiritually. Each week we will have the opportunity to think about what we need to “leave behind” as we seek to enrich our spiritual grounding and grow in our commitment to follow Jesus.

Two resources may be helpful for the entire season, both available through the website Busted Halo.

Daily devotions:  
[bit.ly/LentenDevotions](http://bit.ly/LentenDevotions)

An Instagram challenge:  
[bit.ly/InstagramLent](http://bit.ly/InstagramLent)

## ACCOMPLISHMENTS: Philippians 3:7-4:1

---

Read the text appointed for Sunday, March 17, in which Paul talks about how he measures himself by different standards than he did prior to his conversion. In light of Paul’s reflections, consider these questions: For what are you striving? Where is your identity? How do you measure yourself? By title or degree? By your politics? By your bank account?

## FOR FURTHER REFLECTION

---

This week we invite you to pray using a process called lectio divina. This is an ancient, yet simple process that guides practitioners in praying through scripture with three basic steps. As you move through these steps, alone or with others, allow space for silence and surprise:

1. Read this week’s text through aloud. Listen with the ear of your heart. What word or phrase stands out to you as you read? Meditate on the word or phrase as you repeat it in your heart.
2. Read the passage again and let it speak to you. What touches you? What thought or reflection catches your imagination? Ponder your insights.
3. Read the passage a final time, and rest in silence and reflection. Allow a prayer to rise up in you, if the Spirit leads you. Give yourself time to listen to what God might be saying to you through this text.

For a completely different sort of reflection, watch this video, in which Harvard Business School Professor Clayton Christensen asks, How Will You Measure Your Life?  
Go to: [bit.ly/FUCOPLent2](http://bit.ly/FUCOPLent2)

## PRAYER

from Howard Thurman, *The Centering Moment*

---

We ask of Thee, O God, no miracles, no vast upturning of life in startling dimensions; we seek simple assurance that will absorb the weariness of the daily round, that will give lift to the ordinary way, confident, our God, that Thou art very close to us, closer than breathing. Tutor us, that we may trust Thy nearness and be lifted up and strengthened.