



# Living from the Heart

A Lenten Series  
For the Territory of the People

## Session 1 Reflection Questions

### Tending the Heart

These reflection materials can be done as individuals, or in a group. If done in a group, please follow the guidelines for heart sharing and trust building:

- Listen respectfully.
- There are no “right answers, or wrong answers” – all answers/responses are true. Let differences be.
- Respect the depth of information/feelings/experiences shared – keep them within the circle of your group.
- Pray for one another.

#### Reflection Questions:

1. **“To cleanse is to tend.”** How will I tend/cleanse my heart this week? Name 3 actions.
2. **Name** an actual personal experience of God’s mercy.
3. **What** prevents you from being merciful? To yourself? To others?
4. **How** will you practice centering yourself in God: in mercy and compassion? (to practice is to do: how will you actually do this?)

#### Readings and “homework”:

Revisit and review the Ash Wednesday service: p. 281 of the Book of Alternative Services (or online at: <https://www.anglican.ca/wp-content/uploads/BAS.pdf>)

Read: Psalm 51 & Matthew 6:1-6, 16-21

Try praying with the sung Kyrie

**NEXT WEEK:** Prayer