



Grantham  
Church  
BRETHREN IN CHRIST

# LENT 2023 SPIRITUAL GUIDE

A guide in weekly spiritual exercises  
that you can do at home as you process  
the sermon series, "Broken Signposts."

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Biblical scholar and acclaimed author N.T. Wright says that every worldview must explain seven “signposts” that we presently experience as “broken” and unattainable: justice, spirituality, love, beauty, freedom, truth, and power. He argues that

Christianity presents a compelling and relevant explanation for why these signposts are broken, but also how these markers point to the crucifixion and resurrection of Jesus as the start of new creation. Join us on the journey of our Lenten series—Broken Signposts—as we explore how the Christian faith is a vibrant and coherent vision that makes sense of the world and provides hope and guidance for our future.

## *Guide Instructions*

To help you go deeper in processing these broken signposts, this booklet guides you in weekly spiritual exercises that you can do at home. Each week highlights a different signpost and is broken down into three opportunities for engagement:

### **READ**

A short passage from the Gospel of John which depicts the Biblical approach to the concept.

### **RESPOND**

A simple activity with reflection questions to help you engage with the concept of the week. These are intended to be spiritual exercises that help you create space to reflect on the signpost in your life and world and prayerfully consider how God is leading you to participate in his work of restoring these broken areas. The activity can be done individually or as a family. You will want to set aside at least 15 minutes each week for the exercise. Some suggestions for families are included, but parents may need to tailor the reflection questions to relate to the ages of your children.

### **REACT**

Open space for you to process what you practiced and opportunity to engage in the congregational signpost art project.

## **READ**

John 3:19-21

## **RESPOND**

Stand in an often-used room in your house and notice what parts of the room are dark or dim. Find a flashlight or candle and shine it into the dark corners and crevasses of the room. What does it take to get light into those spaces? What do you see when you look there?

Consider where there are dark corners in your life or circle of influence. Where do you notice injustice, inequity, discouragement, or brokenness in your day-to-day world? Ask God where he is inviting you to shine a light. What might that look like? Families may wish to sing "This Little Light of Mine" in response.

## **REACT**

Use this space to write or draw your thoughts, a prayer, or next steps. You can also prayerfully decorate your cardboard signpost for the congregational art project, if you took yours home.

### **READ**

John 13:1-5, 12-15, 34-35

### **RESPOND**

Visit a local hang-out spot, ideally a place you frequent (e.g. coffee shop, library, playground, gym, store, main street). Observe the people around you: what do you notice in people's faces? How do you see people treating each other? Who do you think needs help? What do you notice about the attitude of your heart as you observe?

Imagine Jesus sitting next to you as you observe. What do you think he would notice, feel, say, or do? Ask God to bring to your attention what he wants you to see. Is there anything he's telling you to do?

### **REACT**

Use this space to write or draw your thoughts, a prayer, or next steps. You can also prayerfully decorate your cardboard signpost for the congregational art project, if you took yours home.

# **SPIRITUALITY** WEEK 3

## **READ**

John 15:1-8

## **RESPOND**

Sit in a comfortable upright position in a quiet place. You may wish to close your eyes and position your hands with your palms up in a posture of openness. Take a few deep breaths. As you breathe, engage in this prayer: when you breathe in say "Remain in me"; when you breathe out say "I remain in you." Repeat a few times:

IN: "Remain in me"

OUT: "I remain in you"

What are places in your life where you feel like you're rooted in the vine, where you're engaging with God consistently? What are places you might be trying to create new growth apart from the vine? After saying the breath prayer a few times, ask God if there is a place in your life he'd like to prune to create the opportunity for new, healthy growth. Families may wish to observe a vine or plant and talk about what contributes to its healthy growth.

## **REACT**

Use this space to write or draw your thoughts, a prayer, or next steps. You can also prayerfully decorate your cardboard signpost for the congregational art project, if you took yours home.

## **READ**

John 20:1-10

## **RESPOND**

Take a walk outside, maybe in the woods, along a path, or through your neighborhood or town. What stands out to you? Do you notice any signs of new life?

How does what you see speak to you of God's glory and beauty? Take some time to praise God for who he is and what he's done.

## **REACT**

Use this space to write or draw your thoughts, a prayer, or next steps. You can also prayerfully decorate your cardboard signpost for the congregational art project, if you took yours home.



## **READ**

John 8:31-36

## **RESPOND**

Play a game by yourself or with others. It could be a board game, card game, or sporting activity. Pay attention to how the rules shape the game. How are you challenged by the rules? How do the rules help the players? How do the rules make the game enjoyable?

Is there an area in your life where you feel restricted by the “rules”? Whose rules are you living by? Ask God to reveal to you where you might be enslaved by sin. Confess your sin to God. What might it be like to live in the freedom of Christ in that area?

## **REACT**

Use this space to write or draw your thoughts, a prayer, or next steps. You can also prayerfully decorate your cardboard signpost for the congregational art project, if you took yours home.

## **READ**

John 8:39-47

## **RESPOND**

Look in a mirror. What do you see? Ask God what he sees. Are there lies you might be believing about yourself? How can you live into the truth God is telling you?

Now look out a window. Who do you see (or who could you imagine walking by)? What do you notice about them? Ask God what he sees in them. Are there lies you might be believing about others? How can you live into the truth God is telling you about them?

## **REACT**

Use this space to write or draw your thoughts, a prayer, or next steps. You can also prayerfully decorate your cardboard signpost for the congregational art project, if you took yours home.



## **READ**

John 18:33-36

## **RESPOND**

Watch or read a 2-minute news segment. What are those in power doing? What do you think is their motivation? Do you notice any abuses of power? For parents, instead of having your children watch a news segment, you may want to ask your children to give you a news report about school or an activity with friends. Did they notice any bullies? What were they doing and why do you think they were acting that way?

Consider the places where you have power or influence. Ask God how he wants you to use your power. What are ways you can love and serve those in your circle of influence?

## **REACT**

Use this space to write or draw your thoughts, a prayer, or next steps. You can also prayerfully decorate your cardboard signpost for the congregational art project, if you took yours home.

***The creation of this guidebook was a team effort. Thank you to the following for their contributions:***

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