

During this Lenten season, the College of Bishops and the Connectional Young Adult Ministry offer these daily reflections as part of our journey and growth together. This year, our weekly themes and readings focus on **liberation and unity**. The readings challenge us to consider issues of justice in our world and how we should respond to them.



# 2020 DAILY LENTEN REFLECTIONS

## LIBERATION & UNITY



### CALLED TO ACCOUNTABILITY

FEBRUARY 26-MARCH 1

### A PRAYER FOR JUSTICE

MARCH 2-8

### CONSEQUENCES FOR INJUSTICE

MARCH 9-15

### CORRUPT LEADERS

MARCH 16-22

### LEADING JUSTLY

MARCH 23-29

### GOD'S JUST SERVANT

MARCH 30-APRIL 5

### RESURRECTION HOPE

APRIL 6-12

SUN	MON	TUE	WED	THU	FRI	SAT
			26 FEBRUARY ASH WEDNESDAY AMOS 5:4-5; 14-15	27 AMOS 5:6-7; 10-13	28 GENESIS 1:4-9 AMOS 5:8-9	29 HOSEA 2:14-23
1 MARCH AMOS 5:18-24	2 JOB 19:1-7	3 DEUTERONOMY 32:1-4	4 JEREMIAH 5:14-19	5 HABAKKUK 1:5-11	6 HABAKKUK 1:15-17	7 ISAIAH 10:12-14
8 HABAKKUK 1:1-4; 12-14	9 PSALM 130	10 EZEKIEL 33:1-9	11 MATTHEW 25:41-46	12 HABAKKUK 2:1-5	13 HABAKKUK 2:15-17	14 HABAKKUK 2:18-20
15 HABAKKUK 2:6-14	16 PSALM 146	17 ISAIAH 5:18-24	18 ISAIAH 11:1-5	19 MICAH 3:5-8	20 MICAH 6:1-5	21 MICAH 6:9-16
22 MICAH 3:1-3; 9-12; 6:6-8	23 PSALM 50:1-15	24 LEVITICUS 22:17-25	25 MALACHI 1:11-14	26 MALACHI 2:10-16	27 MALACHI 2:17-3:4	28 MALACHI 3:7-12

# BE W.I.S.E

A LENTEN INVITATION TO  
WORSHIP | INVITE | SHARE | ENGAGE



# 2020 DAILY LENTEN REFLECTIONS LIBERATION & UNITY



The message for our 2020 Corporate Fast is Be W.I.S.E. (Worship, Invite, Share and Engage). As the CME Church celebrates her 150th Anniversary, congregations are urged to Be W.I.S.E in keeping with the mission of the CME Church “to be disciples of Jesus the Christ by serving individuals, communities and the world...” This fast is designed for congregational participation, but we do not seek to impose on local calendars, so our design accommodates individual participation as well. Please note that Sundays are not included as days of fasting.

SUN	MON	TUE	WED	THU	FRI	SAT
29 MALACHI 2:1-9; 3:5-6	30 HEBREWS 11:29-35	31 MATTHEW 21:1-11	1 APRIL MARK 11:15-19	2 LUKE 11:42-44	3 MATTHEW 12:15-21	4 ISAIAH 42:10-17
5 ISAIAH 42:1-9	6 MARK 16:1-8	7 ACTS 9:1-9	8 ROMANS 5:12-17	9 I THESSALONIANS 4:13-18	10 I CORINTHIANS 15:24-28	11 I CORINTHIANS 15:50-58
12 I CORINTHIANS 15:1-8; 12-14; 20- 23; 42-45	<p>Considerations for Reflection on the Daily Readings</p> <p><b>READING</b> Read the daily text slowly and intentionally as to soak in its words and to see and hear what God is saying to you.</p> <p><b>REFLECTING</b> Think about what the text is saying to you. Which words or phrases jump off of the page? What elements do you feel resonating in your spirit?</p> <p><b>RESPONDING</b> Based upon the words or phrases that have ministered to you, pray and seek God for direction on how to use that inspiration in your daily life.</p>					

Considerations for Reflection on the Daily Readings

**READING**  
Read the daily text slowly and intentionally as to soak in its words and to see and hear what God is saying to you.

**REFLECTING**  
Think about what the text is saying to you. Which words or phrases jump off of the page? What elements do you feel resonating in your spirit?

**RESPONDING**  
Based upon the words or phrases that have ministered to you, pray and seek God for direction on how to use that inspiration in your daily life.

# BE W.I.S.E. & WORSHIP

## WORSHIP THROUGH SACRIFICE

### FASTING OPTIONS

- Choose the **Wesleyan Fast**: water only 6 pm Thursday through 3 pm Friday. Juice is permissible if needed.
- Choose the Vegetable Fast Plus. This option is meatless, buy cheese, yogurt, and eggs are permissible. Additionally, add the Wesleyan Fast during the designated times Thursday-Friday.
- Choose to practice clean eating by replacing cooked foods with raw fresh fruits and vegetables as often as practical. Additionally, abstain from bread, fried foods, caffeine, red meat, alcohol, and cigarettes.

## JOIN THE CONNECTIONAL PRAYER LINE MONDAY-FRIDAY @ 6:30 AM

Join for daily prayer calls Monday-Friday at 6:30 am with prayer warriors from across the Connection.

**Dial-in: 1-605-468-8885**  
**Access Code: 616984#**

# BE W.I.S.E. & INVITE

## WITNESSING WEDNESDAYS

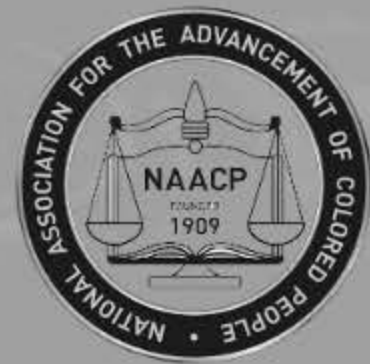
Commit to becoming a congregation that will witness every Wednesday of Lent. As a congregation, make it a point to set up a visit or a phone call with a person who has not accepted Jesus Christ as their Savior, or one who has ceased to attend church for six months or more.

## LINKS TO BE WISE & ENGAGE



### Offering of Letters

Bread for the World--[End Child Malnutrition](#)  
Bread for the World--[End Summer Hunger](#)



### [NAACP Membership](#)

### [2020 Census Engagement](#)

# BE W.I.S.E. & SHARE

During this lent we invite you to have "Lunch with Jesus." When we feed and care for persons in need, it is like serving a meal to Him (Mt. 25:40), and when we help the church, we help His bride (Eph. 5:25-27). This Lenten Season, we invite congregations to challenge members to contribute the cost of a weekly meal (beyond their tithes and offerings) to be used to bless people in poverty or to address a pressing need in the church (lunch with Jesus). Note: This fits seamlessly with the Wesleyan Fast in that Friday's lunch is water only. This lent, let's give to make a difference

# BE W.I.S.E. & ENGAGE

We will engage by Participating in the 2020 Census because a 2020 Census undercount means political underrepresentation and people in poverty will be underserved. Visit the Census 2020 website for more information.

We can engage by writing our congressperson about USA Hunger or Global Hunger in the Bread for the World Offering of Letters Campaign. The CME Church works in cooperation with Bread for the World to end hunger in our lifetime and to reduce the number of people who are food-insecure immediately. Don't wait, engage now!

We will engage by Joining and or Renewing/Upgrading or Gifting a NAACP membership, because we recognize that the fight for justice and equity requires constant vigilance. Congregations are asked to appoint a membership representative and send the number of applications your congregation collected to CMEGDEM@GMAIL.COM for the final count.

# 2020 DAILY LENTEN REFLECTIONS LIBERATION & UNITY

## PLAYLISTS & INSTRUCTIONS

As part of our Lenten reflections, musical playlists have been curated to reflect the theme for the week. These songs have been carefully selected to provide support for your devotional time or even for your commute to and from work. We pray these playlists will invoke the presence of God in your day and in your journey through the Lenten season.

### TO ACCESS LINKS VIA QR CODES (SMARTPHONES)

- 1) Open camera or QR Code application.
- 2) Hold camera up to QR Code.
- 3) When the four corners of the box show up, a link should show up on your top screen (or automatically open)
- 4) The link should take you directly to the Spotify playlist.

You can also click the links in the CME Communications Newsletter!



**WEEK 1:**  
**Called to  
Accountability**



**WEEK 2:**  
**A Prayer for Justice**



**WEEK 3:**  
**Consequences for  
Injustice**



**WEEK 4:**  
**Corrupt Leaders**



**WEEK 5:**  
**Leading Justly**



**WEEK 6:**  
**God's Just  
Servant**



**WEEK 7:**  
**Resurrection Hope**