

# LET GO AND BE OPEN



## Lent and Easter Journey

The **Methodist** Church  
Northampton District

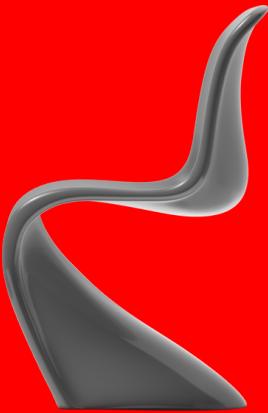


# Let Go And Be Open

**Lent is a season of invitation. It calls us to loosen our grip on what holds us back – habits, assumptions, fears – and to open ourselves to the transforming presence of God.**

**Across our District this Lent, we are invited into a shared journey: letting go of what limits life, and becoming open to what God is doing among us. This is a path, not a performance.**

**Churches will express this journey in different ways – through worship, prayer, conversation, creativity, and care – but we walk it together, week by week.**



**“This is a path, not a performance.”**

## **The Shape of the Journey**

**Let Go**

**Become open**

**Pay attention**



This journal is offered as a gift, a companion for the weeks of Lent and Easter, and is designed to help prayer take root in ordinary days, to carry the echoes of worship into the week, and to create space to notice where God is already at work.

Some days, a sentence will emerge.

Some days, silence will be enough.

If you miss a day, simply begin again.

Nothing has been lost.

Please see this journal not as a measure of faithfulness, nor a record of progress, but rather as a place to pause, to pay attention, and to be honest before God.

Use it in whatever way serves you best:

- writing a few words,
- marking a phrase,
- sitting quietly with a prompt
- or closing the page in prayer

Trust that God works gently in patience rather than pressure, in presence rather than performance.

Wherever you begin, and however your journey unfolds, grace goes before you.

### **A breath prayer for the journey**

*You may wish to light a candle and place your hand on your heart, and use this breath prayer before you begin to journal, or in moments of restlessness that may arise.*

**Inhale: You alone are God**

**Exhale: I let go of control**

**Let Go of idols,**

**and Make Room for God**

Sunday Service Notes:

**Words of Good News:**  
**God alone Is enough.**

# Monday

## Naming the idols

### Journal Prompt

*What am I tempted to rely on today instead of God for security, worth or peace?*

# Tuesday

## Hearing the false

### Journal Prompt

*What false messages did I notice today, about myself, others or God?*

# **Wednesday**

## **Receiving the truth**

### Journal Prompt

*What true word did I sense from God today?*

# **Thursday**

## **Choosing to trust**

### Journal Prompt

*Where was I invited to choose trust over control today, and how did I respond?*

# Friday

## Travelling lightly

### Journal Prompt

*What did I release, a thought, a habit, or a pressure that made my soul feel lighter today?*

# Saturday

## Looking with love

### Journal Prompt

*What have I let go of this week?*

*What have I embraced this week?*

**Let Go of the form,**

**and Embrace the Spirit**

Sunday Service Notes:

**Words of Good News:**

**God's Spirit is not confined  
by structure.**

# Monday

## Familiar faith

### Journal Prompt

*Where has my faith become safe but not searching?*

# Tuesday

## Living with uncertainty

### Journal Prompt

*What questions or situations have I tried to resolve too quickly today?*

# Wednesday

## Receiving anew

### Journal Prompt

*What might I receive again, rather than manage?*

# Thursday

## Trusting the wind

### Journal Prompt

*Where am I being asked to trust what I cannot control?*

# Friday

## Simple obedience

### Journal Prompt

*Where might the Spirit be moving beyond what I expect?*

# Saturday

## Looking with love

### Journal Prompt

*What have I let go of this week?*

*What have I embraced this week?*

# Let Go of scarcity, and Embrace abundance

Sunday Service Notes:

Words of Good News:  
**God's grace is abundant and  
overflowing.**

# Monday

## Naming scarcity

### Journal Prompt

*Where did I notice a sense of not being, having, feeling “enough” today?*

# Tuesday

## Living water

### Journal Prompt

*What is it that I am truly thirsty for beneath my daily demands?*

# Wednesday

## Leaving behind

### Journal Prompt

*What weight is God inviting me to lay down today?*

# Thursday

## Receiving, not earning

### Journal Prompt

*Where do I still feel I have to earn God's presence or love?*

# Friday

## Overflowing supply

### Journal Prompt

*Where have I noticed God's abundance in ways beyond what I expect?*

# Saturday

## Looking with love

### Journal Prompt

*What have I let go of this week?*

*What have I embraced this week?*

**Let Go of scarcity,**

**and Embrace what's inside**

Sunday Service Notes:

**Words of Good News:**  
**God sees the heart.**

# Monday

## First impressions

### Journal Prompt

*What caught my attention today, and what might it reveal about what I value?*

# Tuesday

## Being encountered

### Journal Prompt

*Where have I felt truly seen or recognised, however briefly?*

# **Wednesday**

## **Hidden worth**

### **Journal Prompt**

*What quiet goodness or dignity did I notice beneath the surface today?*

# **Thursday**

## **Change of perception**

### **Journal Prompt**

*Where was I challenged to look again at a person, situation, or even myself?*

# Friday

## Delight in the day

### Journal Prompt

*What unexpected moment lifted my spirit today?*

# Saturday

## Looking with love

### Journal Prompt

*What have I let go of this week?*

*What have I embraced this week?*

**Let Go of despair,**

**and Embrace ‘respair’**

Sunday Service Notes:

**Words of Good News:**

**God calls us into ‘respair’.**

# Monday

## Naming the Valley

### Journal Prompt

*What in my life or community feels heavy, tired or forgotten?*

# Tuesday

## Shared sorrow

### Journal Prompt

*Who or what reminded me today that grief is not to be carried alone?*

# Wednesday

## Waiting with hope

### Journal Prompt

*What feels unfinished or unresolved, and yet still held by God today?*

# Thursday

## Signs of ‘respair’

### Journal Prompt

*Where do I notice a sense of hope returning, no matter how faint?*

# **Friday**

## **Gentle courage**

### Journal Prompt

*What small act, word, or moment helped me keep going today?*

# **Saturday**

## **Looking with love**

### Journal Prompt

*What have I let go of this week?*

*What have I embraced this week?*

**Let Go of violence,**  
**and Embrace gentleness**

Sunday Service Notes:

**Words of Good News:**  
**Jesus shows us a different kind  
of power.**

## **Monday: Let Go of the form, and Embrace the Spirit.**

Read Matthew 21:12-16 and review your thoughts from week 2. *How does Jesus's disruptive action (as an act of God) surprise or challenge you?*

## **Tuesday: Let Go of scarcity, and Embrace abundance.**

Read Matthew 21:18-22 and review your thoughts from week 3. *How might Jesus's words challenge you to trust in unseen abundance, even when things look lifeless?*

## **Wednesday: Let Go of appearances, and Embrace what's inside.**

Read Matthew 26:14-16 and review your thoughts from week 4. *How does this moment invite you to look deeper before judging?*

## **Thursday: Let Go of despair, and Embrace ‘respair’.**

Read Matthew 26:26-30 and review your thoughts from week 5. *How does this moment speak to the possibility of hope even when things feel fragile?*

## **Friday: Let Go of violence, and Embrace gentleness.**

Read Matthew 27:27-31 and review your thoughts from Palm Sunday. *People were excited and happy when Jesus came into Jerusalem. Today's Bible reading is very different. Why do you think that is?*

## **Saturday**

### **Looking with love**

Journal Prompt

*What have I let go of this week?*

*What have I embraced this week?*

**Let Go of fear,**

**and Embrace joy**

Sunday Service Notes:

**Words of Good News:**

**Christ is risen and fear does not  
have the final word.**

# Monday

## The day after

### Journal Prompt

*What is beginning to stir in me, even if it is not yet clear?*

# Tuesday

## Fear that lingers

### Journal Prompt

*Where did I see fear shaping my reactions or expectations today?*

# **Wednesday**

## **Unexpected Joy**

### Journal Prompt

Where did I sense joy arriving quietly, without being planned?

# **Thursday**

## **Courage returning**

### Journal Prompt

*Where did I sense a little more confidence, openness, or ease in sharing words of Good News than before?*

# Friday

## Living differently

### Journal Prompt

*Where do I sense an invitation toward life, light, or openness?*

# Saturday

## Looking with love

### Journal Prompt

*What have I let go of this week?*

*What have I embraced this week?*

# Let Go And Be Open

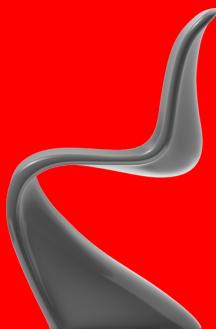
The journey of Lent has come to an end, and yet it will continue to shape us. Along the way, some things may have loosened, and some questions may remain.

The resurrection of Jesus is not just a past event; it is a present reality. It means that even in the face of fear, grief, or uncertainty, God is at work bringing life, joy, and hope. The risen Christ meets us where we are and sends us out with courage and purpose.

Whether this journal contains scribbled words or silent worries, trust that God was and is present with you.

May your path and your way of life be shaped as the Church declares:

**“Alleluia. Christ is risen.  
He is risen indeed. Alleluia.”**



**The Shape of  
the Journey**

Let Go

Become open

Pay attention

