

WHAT YOU WILL RECEIVE EACH DAY

Each day you will receive a Daily Devotional Video to prompt your prayer and reflection.

HOW MUCH SHOULD I DO

There are no rules to this. No one is going to check up on you. Whatever you decide to do, make sure you commit to doing it every day.

WHEN TO DO IT EACH DAY

There is no easy answer to this other than to say do this when you are at your best. The mornings will allow it to stay with you through the day. I know many people have said that it is the very best thing they do each day. If you are, however, not a morning person, then do it as soon as you can absorb it and give it the right amount of thought and reflection.

IF NO EMAIL ARRIVES

You don't need to miss any day. If you receive the Daily Devotional videos by email and they do not arrive, go to our website BruceDownes.org and look for the Lent Daily Devotionals button. Current and past episodes will be there.

WHAT YOU MIGHT NEED

When I was young, I was introduced by a Catholic priest to the idea of keeping a Prayer Journal or notebook. Each day in the journal I write the day, date, and time I commence my prayer. I have been doing this for many years. In our modern world, you might choose to do this by computer or on your phone or tablet device.

If possible, as you listen to the Daily Devotional Videos jot down what stands out to you, how you are feeling, and what you might say to God as a result.

If you are not a notetaker, make a mental note of what stands out to you, how you are feeling, and what you might say to God as a result.

By making some notes you can track your personal journey in more detail.

HOW TO PRAY

Honesty is key in prayer and reflection. Whatever you are thinking or feeling and therefore might say to God is ok. It is your life and story.

Remember that prayer "is being present to His presence."

In other words, being with God means that sometimes words are required and other times just sitting with God and acknowledging His presence, even though we might not have much to say is appropriate as well. We all know that being with friends or someone we love and just being in each other's company can be very rich even though little is said.

Words and silence both have their place in prayer and reflection.

Let me remind you that your relationship with God through this Lenten season is the main focus and NOT the videos or what we might send you. They are simply aids or prompts to your relationship with God during this Lenten season.

IF YOU GET BEHIND

Should you miss a day, and sometimes this happens because life can be busy, then just do the current day and skip what you have missed. You can always go back and do the days you have missed after you have done the current day or when you have time.

Saturday is catchup and review day. We do not send a video for that day, but we send an email with a link to all the videos for the week should you wish to view them.

On Sundays, we send a special Lenten Daily Devotional call, 'The Weekly.'

Having said this, make it your goal not to miss any days. When I was 15 years old, I made a decision to pray every day. I did so for about fifteen months and then one day, I missed. Once I missed one day, I then missed quite a number of days.

Make it your goal not to miss, but if you do then just do the current day and move on from there. Don't become overwhelmed by missed days.

WHAT IF YOU ARE NOT SURE ABOUT GOD AND CHURCH?

I love people who are honest about their relationship with God and attitude to the Church.

You might be someone who is very committed to your faith and to Church.

On the other hand, you might be someone who is disconnected from regular participation in Church. How should you approach this journey through Lent?

Approach this with honesty. God already knows you, your story your secrets and desires. There is nothing hidden from Him.

What we will send you will aid your conversation with God through this season of Lent regardless of whether you are someone who goes to church all the time or someone who doesn't.

IT'S NOT TOO LATE TO TELL OTHERS

Last year so many people found the journey a life changing experience. Ask yourself are there five people who might benefit from receiving it that you know who are in:

- My family
- My city or town
- My country
- Another country

Do not just send them a copy of your daily emails but invite them to sign up to receive the emails each day for themselves. This way they will own the process.

Send them the following link: <https://BruceDownes.org/Lent22/>

May God Bless you on this journey.