

# Embracing Lent 2019

## One Breath at a Time



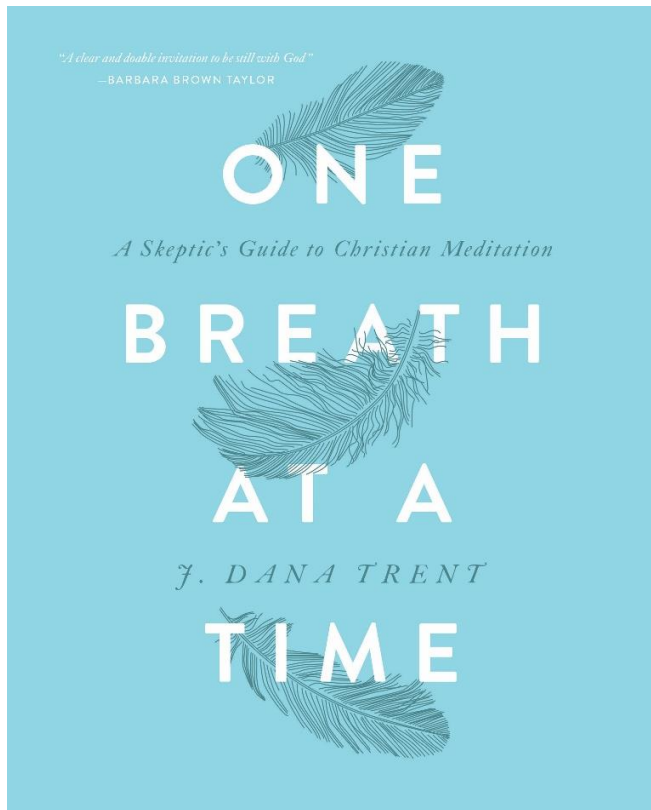
*Today,*  
I BEGIN MY  
JOURNEY OF

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*drawing nearer*  
*to God.*

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-#ONEBREATHBOOK



Theologian and *New York Times Best-Seller* author **Barbara Brown Taylor** calls [\*One Breath at a Time: A Skeptic's Guide to Christian Meditation\*](#) a "very clear and completely do-able invitation to be still with God for a few moments each day." **Taylor adds:** "Whether you are new to meditation, lapsed in your practice, or simply curious, you have found the right teacher."

This FREE Lent 2019 guide is based on [\*One Breath at a Time\*](#), published by Upper Room Books.

**This Lenten guide reframes meditation for eager students, skeptics, experts, and those interested in receiving both the spiritual and scientific benefits**

**of trying this ancient practice for a holy season.**

**Bulk orders of five copies or more receive a discount! Order bulk copies [here](#), or call Upper Room Books Customer Service at 1-800-972-0433.**

**Follow the Lent 2019 journey and share your ongoing experiences using the #OneBreathBook hashtag with Dana at:**

Facebook: <https://www.facebook.com/jdanatrent.author/>

Instagram: <https://www.instagram.com/jdanatrent/>

Twitter: <https://twitter.com/jdanatrent>

## Sample General Lent 2019 Schedule

(Adapt for your individual/group's needs)

**A week-by-week, detailed reading and discussion schedule with reader/leader reflection questions is found on pages 4-11 of this guide.**

### **Lent, Week 1: Ash Wednesday, March 6<sup>th</sup>**

Invitation to Breathing Through Lent 2019

Read Chapters One through Four

Begin Chapter Five, Method One: Breath Meditation

### **Lent, Week 2: Wednesday, March 13<sup>th</sup>**

Read Chapters Two and Three

Continue Chapter Five, Method Two: Centering Meditation

Practice Check-In: Method One (Breath Meditation).

### **Lent, Week 3: Wednesday, March 20<sup>th</sup>**

Continue Chapter Five, Method Three: *Lectio Divina* Meditation.

Practice Check-In: Method Two (Centering Meditation).

### **Lent, Week 4: Wednesday, March 27<sup>th</sup>:**

Continue Chapter Five, Method Four: Loving-Kindness Meditation.

Practice Check-In: Method Three (*Lectio Divina* Meditation)

### **Lent, Week 5: Wednesday, April 3<sup>th</sup>:**

Continue Chapter Five, Method Five: Devotional Meditation.

Read Chapter Six

Practice Check-In: Method Four (Loving-Kindness Meditation)

### **Lent, Week 6: Wednesday, April 10<sup>th</sup>:**

Continue Chapter Five, completion of methods

Read Chapter Seven

Practice Check-In: Method Five (Devotional Meditation)

### **Lent, Week 7: HOLY WEEK, Sunday, April 14<sup>th</sup> through Friday, April 19<sup>th</sup> and EASTER**

Overall discussion of material and practice

Read Appendix and Notes



## LENT WEEK 2

Wednesday, March 13<sup>th</sup>

The Theology and Science of Meditation: Your Invitation to Dig Deeply into the Why of a 40-Day Meditation Practice



- Read, reflect, and discuss Chapters Two and Three (See pages 20-34)
- Practice Check-In: Method One (Breath Meditation)

### Questions for reflection and/or discussion:

- 1. Reading:** What challenged you from the reading? What did you wrestle with? What energized you? What did you find affirming or reassuring?
  
- 2. Practice:** How did you feel God's presence during meditation this week if at all?
  
- 3. Practice:** What challenged you this week during meditation practice? What came easily this week?
  
- 4. Hope:** What do you hope for in the coming week's meditation practice?



## LENT WEEK 4

Wednesday, March 27<sup>th</sup>:

The Daily Rhythm: Your Invitation to the Habit of Meditation



- Read, reflect, and discuss your Chapter Five practice thus far and your responses to Ignatian Daily Examen (See pages 43 and beyond)
- Practice Check-In: Method Three (*Lectio Divina* Meditation)

### Questions for reflection and/or discussion:

- 1. Reading:** What challenged you from the reading? What did you wrestle with? What energized you? What did you find affirming or reassuring?
  
  
  
  
  
  
  
  
  
  
- 2. Practice:** How did you feel God's presence during meditation, this week if at all?
  
  
  
  
  
  
  
  
  
  
- 3. Practice:** What challenged you this week during meditation practice? What came easily this week?
  
  
  
  
  
  
  
  
  
  
- 4. Hope:** What do you hope for in the coming week's meditation practice?





## LENT WEEK 6

**Wednesday, April 10<sup>th</sup>:**

The Way Forward: Building a Sustainable  
Meditation Practice



- Read, reflect, and discuss Chapter Seven (See pages 104-108)
- Practice Check-In: Method Five (Devotional Meditation)

### **Questions for reflection and/or discussion:**

- 1. Reading:** What challenged you from the reading? What did you wrestle with? What energized you? What did you find affirming or reassuring?
  
  
  
  
  
  
  
  
  
  
- 2. Practice:** How did you feel God's presence during meditation, this week if at all?
  
  
  
  
  
  
  
  
  
  
- 3. Practice:** What challenged you this week during meditation practice? What came easily this week?
  
  
  
  
  
  
  
  
  
  
- 4. Hope:** What do you hope for in the coming week's meditation practice?

**HOLY WEEK: Sunday, April 14<sup>th</sup> through  
Friday, April 19<sup>th</sup>**

Reflection on the Journey



- **Revisit your initial questions (see page 4).**
- **How have your responses changed? What arose that you didn't expect? How did you handle it?**

**Further questions for reflection and/or discussion:**

1. Now that you've nearly completed it, why do you think God brought this 40-day practice into your life at this time?
2. How did being still and *listening* to God go?
3. With regard to your meditation practice, what were the obstacles you faced this Lent? Were they what you anticipated? Why or why not?
4. What do you glean/learn from this holy season and practice?

**EASTER AND BEYOND:**

**Easter Sunday, April 21<sup>st</sup>**



Name your intentions and goals for continuing this meditation practice beyond Lent 2019.

**Feel free to share your ongoing intentions and goals using the #OneBreathBook hashtag with me at:**

Email: [dana@jdanatrent.com](mailto:dana@jdanatrent.com)

Facebook: <https://www.facebook.com/jdanatrent.author/>

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**About this Guide:** This free Lenten 2019 guide is based on [One Breath at a Time: A Skeptic's Guide to Christian Meditation](#). © Upper Room Books and J. Dana Trent



### **About the Author**

The Rev. J. Dana Trent is a graduate of Duke Divinity School and professor of World Religions and Critical Thinking at Wake Tech Community College. An ordained Baptist minister and former hospital chaplain, she has been featured on [Time.com](#), [Religion News Service](#), [Religion Dispatches](#), as well as in [Sojourners](#) and [The Christian Century](#). Dana is also the award-winning author of books on wholistic wellness and multi-faith spiritual practices: [One Breath at a Time: A Skeptic's Guide to Christian Meditation](#), [For Sabbath's Sake: Embracing Your Need for Rest, Worship, and](#)

[Community](#), and [Saffron Cross: The Unlikely Story of How a Christian Minister Married a Hindu Monk](#).