

a simple lent

making more room for GOD

Week 1: Priority

Week 2: Declutter Digitally

Week 3: Sparking Joy at Home

Week 4: Making Meaningful Work

Week 5: Revealing Your Core Values

Week 6: One Week For GOD

Life

Digital

Home

Work

Faith

Value

Our religious tradition offers not only a list of 10 rules for our life, but hundreds of more specific ways to live them out. That these rules were written over 3,000 years ago means they probably take a little interpretation to fit into a world of iPhones and TV.

When Jesus said that the greatest commandment is to love GOD and the second is like it: love your neighbor as yourself. And that *all others hang from these two*, he gives us a more simplified vision of how to live in the world. A vision of love for GOD and neighbor.

Who is neighbor? they ask.

Everyone.

In some ways, this simplification is really handy and important. It helps us better know what to do in our own world. When we are curious of what to do, we can simply ask: *is this thing I want to do based in love?*

Jesus tells us that for his followers, love is the highest value and everything else hangs from that.

So what hangs from that for you? What are your values? Using the back of this page, I invite you to a short exercise in determining your core values.

How will you best live out your values?

NOTE:

Next week is Holy Week. Your homework is to devote this one week to GOD in prayer and worship.

Exercise: Narrow it Down

Consider the list below and circle all the words which represent your values. If there are other words you'd like to include, write them in the margins and circle them.

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|----------------|----------------|----------------|
| Honest | Innovation | Excellence |
| Reliable | Loyal | Committed |
| Dependable | Passionate | Courageous |
| Respectful | Inspiring | Sustainability |
| Integrity | Consistent | Efficient |
| Humorous | Optimistic | Positive |
| Nurturing | Open-minded | Adventurous |
| Resourceful | Fun | Humble |
| Community | Responsibility | Love |
| Satisfaction | Delight | Support |
| Caring | Partnership | Global |
| Transformation | Leadership | Teamwork |
| Diversity | Humility | Transparency |
| Friends | Family | Listening |
| Learning | Educating | Remarkable |

Name the 5 most important of the circled values

Now What?

The value which needs the most attention in my life is _____ .

Three ways I can make these values more central to my life:

Words gathered from *The Big List of Core Value Words* by contentsparks.com.

A Simple Lent is written by the Rev. Drew Downs and can be found at drewdowns.net/a-simple-lent