

**YOUR GUIDEBOOK
FOR A 40-DAY LENT EXPEDITION**

**A GUIDE THROUGH THE
WILDERNESS**

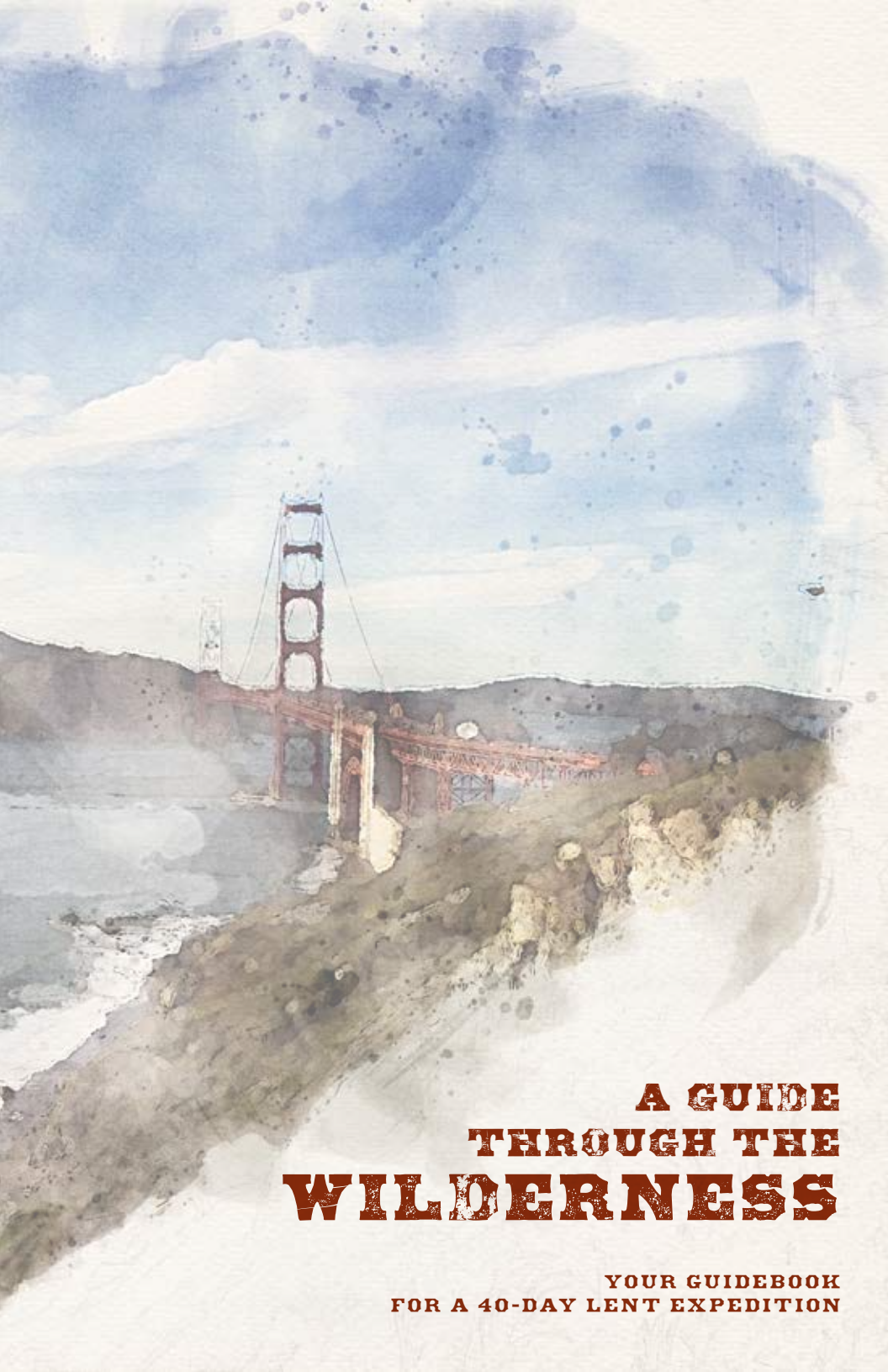
Prepared by

**ST. JOHN'S
PRESBYTERIAN CHURCH**



SAN FRANCISCO, CALIFORNIA





**A GUIDE
THROUGH THE
WILDERNESS**

**YOUR GUIDEBOOK
FOR A 40-DAY LENT EXPEDITION**

Jesus returned from the Jordan River full of the Holy Spirit, and was led by the Spirit into the wilderness. There he was tempted for forty days by the devil. He ate nothing during those days and afterward Jesus was starving. The devil said to him, "Since you are God's Son, command this stone to become a loaf of bread."

Jesus replied, "It's written, People won't live only by bread."

Next the devil led him to a high place and showed him in a single instant all the kingdoms of the world. The devil said, "I will give you this whole domain and the glory of all these kingdoms. It's been entrusted to me and I can give it to anyone I want. Therefore, if you will worship me, it will all be yours."

Jesus answered, "It's written, You will worship the Lord your God and serve only him."

The devil brought him into Jerusalem and stood him at the highest point of the temple. He said to him, "Since you are God's Son, throw yourself down from here; for it's written: He will command his angels concerning you, to protect you and they will take you up in their hands so that you won't hit your foot on a stone."

Jesus answered, "It's been said, Don't test the Lord your God."

After finishing every temptation, the devil departed from him until the next opportunity.

Luke 4:1-12 (CEB)

WELCOME TO YOUR JOURNEY

During the season of Lent, we follow Jesus into the wilderness, the deserted place of isolation and desolation. Typically, we enter this space by making a difficult sacrifice.

But the wilderness is more than just a barren place.

Throughout scripture, God uses the wilderness to reshape and transform. This year, we are surrendering to the wilderness around us and inviting God to challenge & change us.

◆ HOW TO USE THIS GUIDE ◆

1

THUMB THROUGH IT.

Take a look at these 40 activities, and consider what you're able to do. There's no right order to this Lent expedition. Invite the Spirit to push you into new challenges.

2

DO WHAT YOU CAN.

Starting Ash Wednesday (2/17), complete activities at your own level & pace for 40 days. Most activities are family-friendly & intergenerational. There are also drawings for kids (and adults!) to color. Stamp when you're done!

3

REFLECT & RESPOND.

Use the "Notes" sections of this guidebook to write/scribble/sketch how you're responding to and what you're learning from your Lent experience. This is your space to be honest.

STOP!

LET'S GET MESSY.

The wilderness isn't clean and perfect.
It can be dirty, confusing, and even chaotic.
This guidebook should be, too.

Start your Lent expedition by messing up this page.

Throw some dirt on it. Drag it on the ground.
Rub your Ash Wednesday ashes all over it.

Let the journey begin.

WALKING THROUGH THE WILDERNESS

Color this



WALKING

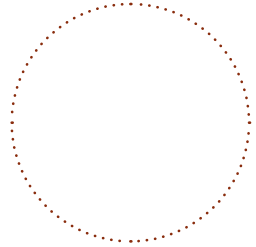
Through the Wilderness

We can still walk and run and move in the wilderness. These activities invite you to engage with creation and observe the beauty & reality around you.

◆ THINGS TO DO ◆

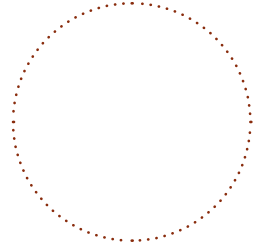
VISIT THE SANCTUARY.

Come to the St. John's sanctuary and visit our new sand garden installation. Starting February 22, we're open Monday, Wednesday, and Friday from 12-7pm.



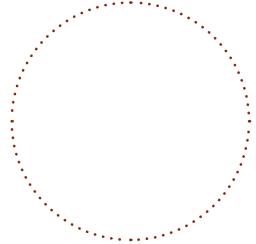
WATCH A SUNRISE OR SUNSET.

Take a moment in the morning or evening to watch a sunrise or sunset. Pause and reflect on the beauty. Give thanks for God's creation.



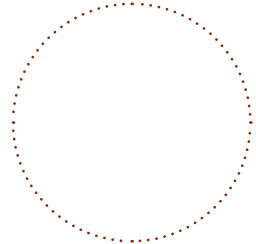
WRITE ON THE SIDEWALK.

Grab some chalk (or borrow some from the St. John's sanctuary) and write an encouraging, inspiring, hopeful message on any sidewalk.



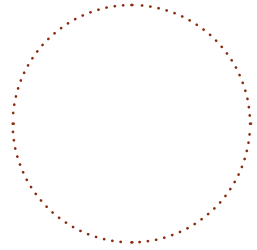
WALK A NEW NEIGHBORHOOD.

Get out of your comfort zone and walk through a neighborhood you've never visited before. Pay attention to the people and places you see.



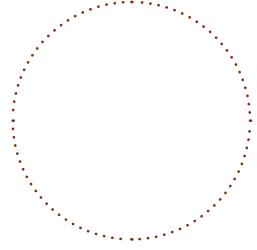
FIND A PRAYER ROCK.

At home or on a walk, find a rock you love—shiny, dull, smooth, or rough. Hold this rock as you pray during Lent or bring it to the sanctuary and add it to our rock garden.



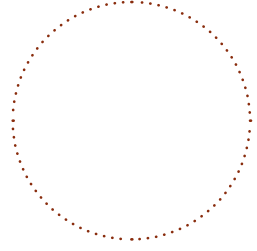
SEE THE LIGHTS OF ENTWINED.

Take an evening walk through Golden Gate Park and stop at the Entwined art installation near the Conservatory of Flowers. Reflect on all of the beauty visible even in the darkness.



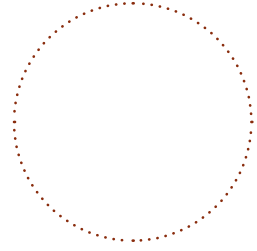
VISIT THE BOTANICAL GARDENS.

Surround yourself with peace & beauty at the Botanical Gardens in Golden Gate Park! It's always free for SF residents. Visit stjohnssf.org/lent for details on a group visit.



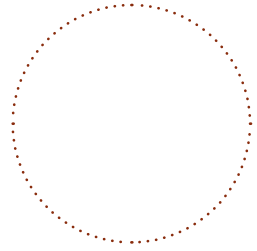
SEE THE SAN FRANCISCO CROSSES.

Our city has two landmark crosses: Golden Gate Park (with a white supremacist past) and Mount Davidson (commemorating the Armenian Genocide). Learn more at stjohnssf.org/lent



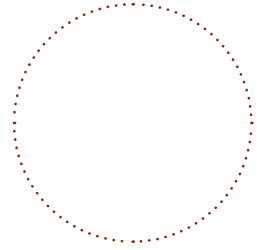
WALK A LABYRINTH.

San Francisco has many labyrinths all over the city, including Land's End, Grace Cathedral, and Duboce Triangle. See a list of all of them at stjohnssf.org/lent

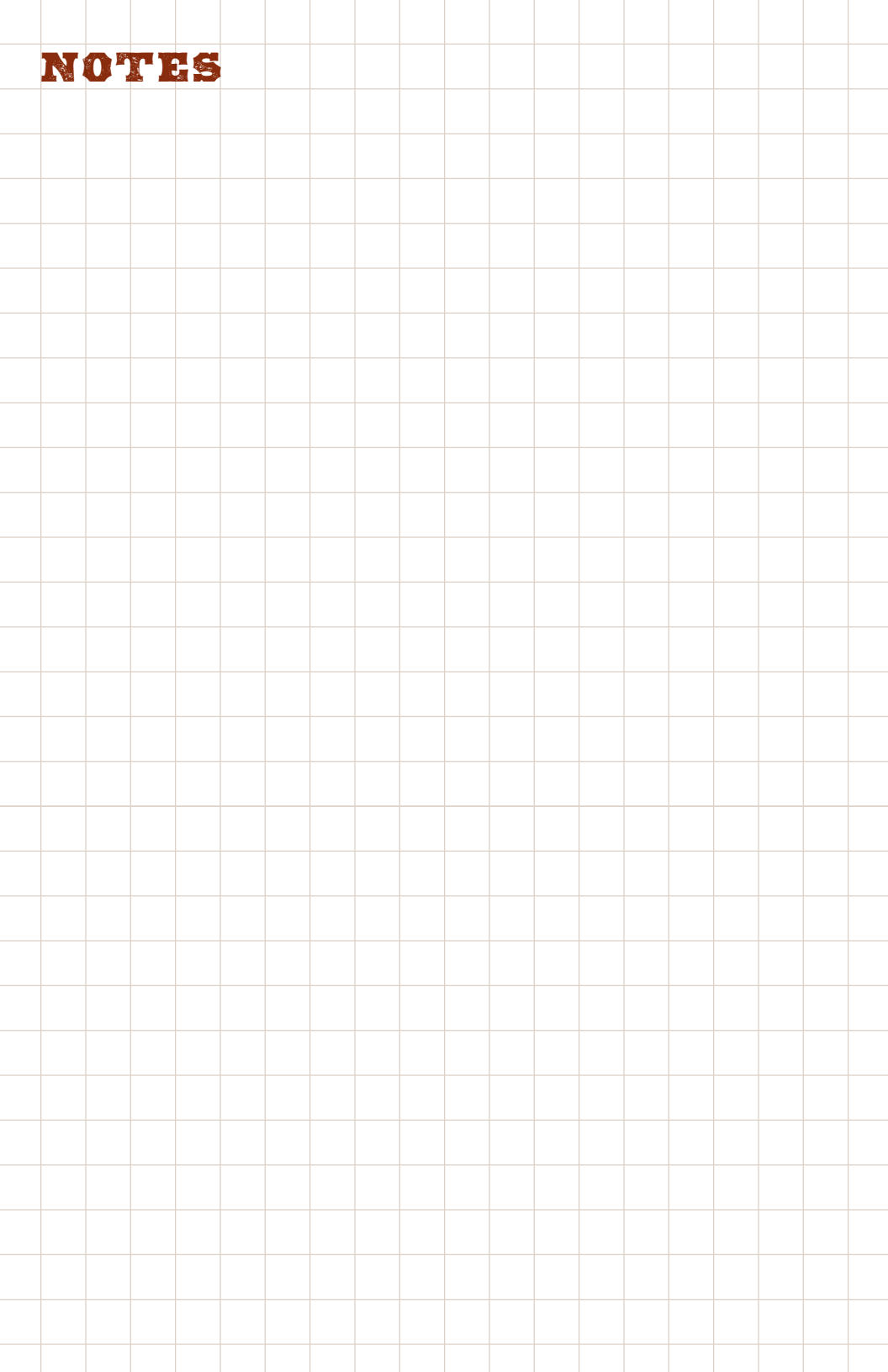


WALK WITH THE NIGHT MINISTRY.

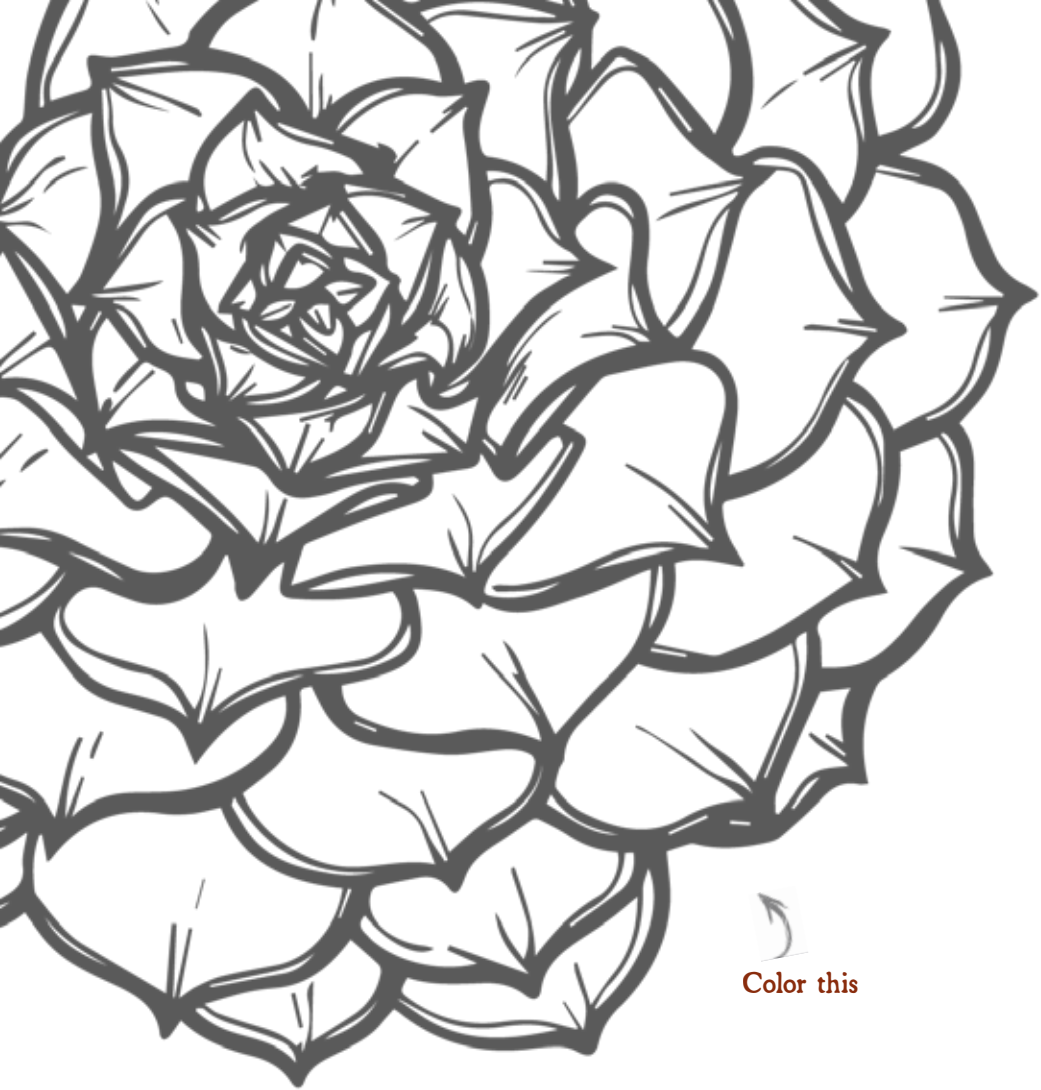
Join the SF Night Ministry in mid-March for an evening walk at 10pm in one of the city's vulnerable neighborhoods. Training will be provided. Details at stjohnssf.org/lent



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Color this

**LISTENING
IN THE
WILDERNESS**

LISTENING

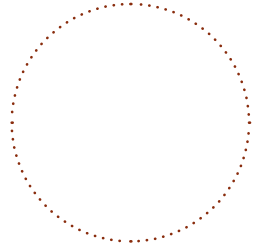
to the Wilderness

The Spirit whispers to us in the wilderness.
These activities encourage you to find some quiet and listen to how God is speaking to you at this moment.

◆ THINGS TO DO ◆

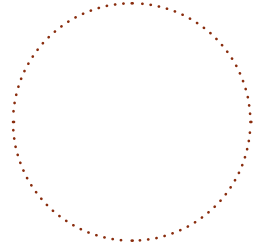
WATCH SUNDAY WORSHIP.

Join us for community worship every Sunday morning. We're live on Facebook at 10am, or you can watch anytime on our YouTube channel.



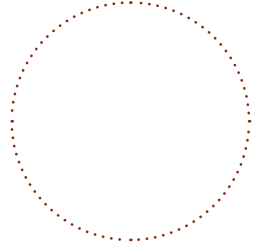
THREE THANKFUL THINGS.

Start your morning by thinking of three things that you're thankful for. Write them down or type them into your phone. At night, take a moment to reflect on them again.



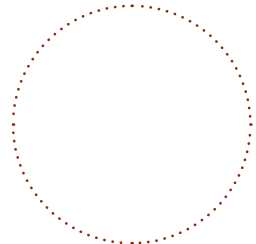
PRAY FOR ST. JOHN'S.

Prayer sustains our community. Take a moment to pray for St. John's: our people, our mission, our ministry, our leadership, and our future.



HAVE A DAY OF SILENCE.

Choose a day to turn off your electronics and enjoy a little less noise. No TV. No Spotify. No laptop. No phone. Discover what God has for you in the silence.



JOIN A BIBLE STUDY.

Our Lent bible study begins Tuesday, February 24 at 7pm on Zoom and continues for six weeks. Stop on in when you can as we discuss the wilderness of our own lives.

READ THE PRAYER LIST.

Every week, we put together a daily rhythm of prayers based on the submissions we've received. Sign up to receive the prayer list at stjohnssf.org/lent

LISTEN TO THE CHOIR.

Use the beautiful music of our St. John's Choir as a way to guide your prayer time. Find a playlist of songs and hymns at stjohnssf.org/lent

PRAY WITH SCRIPTURE.

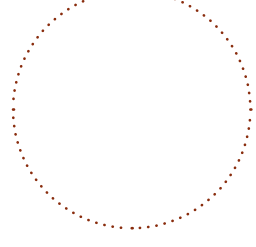
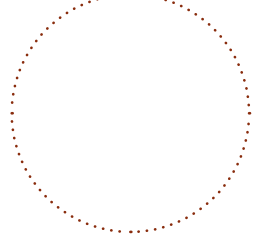
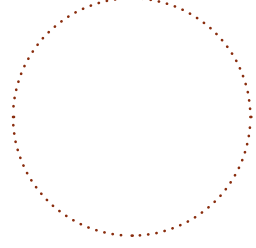
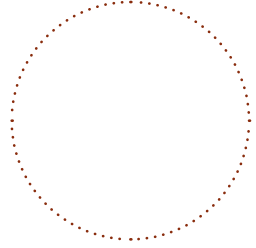
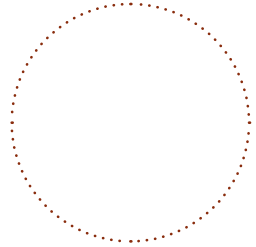
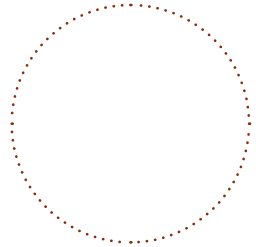
Lectio divina (divine reading) is an ancient tradition of meditating with scripture. Select a favorite passage or use Luke 4 from this guidebook. Learn how at stjohnssf.org/lent

PRACTICE CENTERING PRAYER.

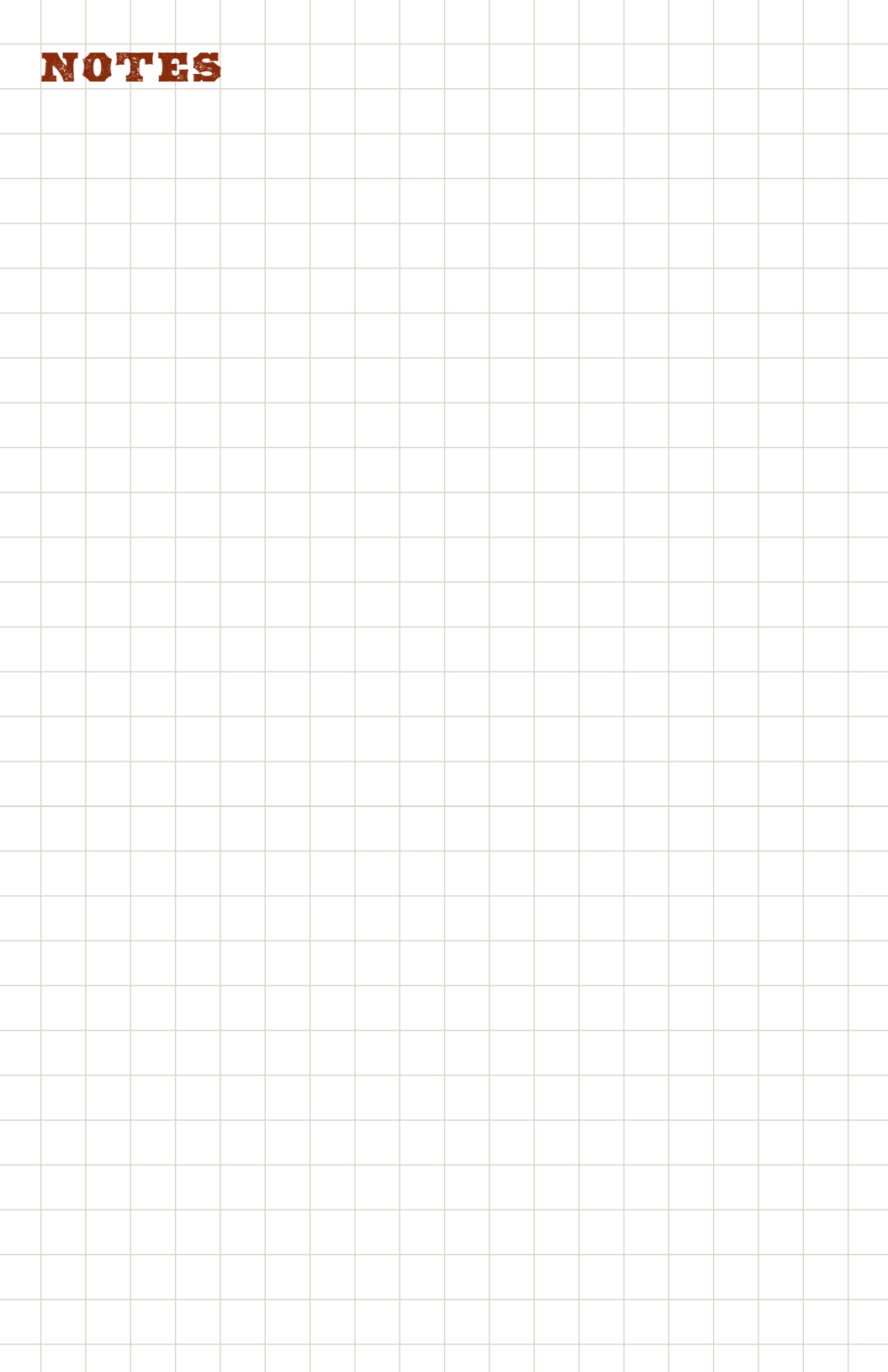
Centering Prayer is a simple practice of quieting the mind and inviting God to be present with you. Join us in March on Zoom. Details at stjohnssf.org/lent

ATTEND A MEDITATION ZOOM.

Guided meditation is another way to settle your mind and listen for God. Join us for a community meditation Zoom in March. Details at stjohnssf.org/lent



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KNOWING THE WILDERNESS

KNOWING

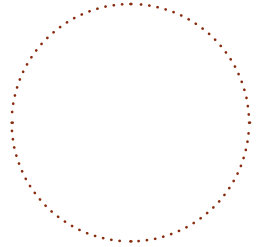
the Wilderness

What happens when we get to know the wilderness more deeply? These activities invite you to learn more about the history and issues of our neighborhood and city.

◆ THINGS TO DO ◆

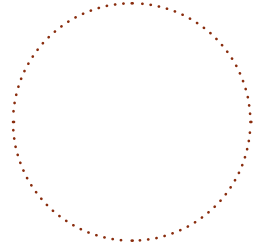
WALK THE ST. JOHN'S NEIGHBORHOOD.

Visit our neighborhood with curious eyes and new questions: Who do you see? What's happening? Where do you see God in your neighborhood? Where is God calling you?



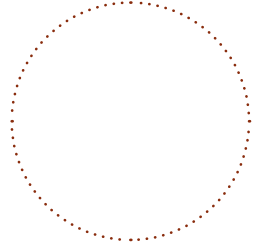
PLAY COMMUNITY BINGO.

Take a walk around your neighborhood (bring the family along too!) and get to know it better by playing Community Bingo. Get your bingo card at stjohnssf.org/lent



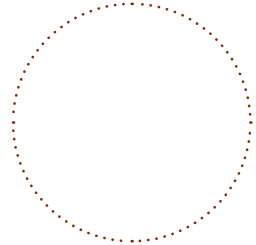
READ THE LATEST "STREET SHEET."

"Street Sheet" is a newspaper produced and distributed by unhoused & low-income San Francisco residents and front-line staff fighting for justice. Read the latest at streetsheet.org



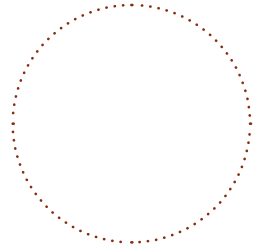
CATCH UP ON LOCAL NEWS.

What stories are happening in your community? How is God speaking through those stories? Take a day to read news from our city & your neighborhood. Find links at stjohnssf.org/lent



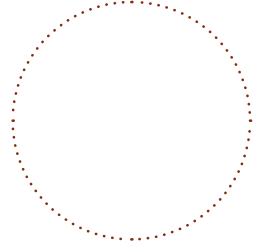
WATCH ANTI-RACISM TRAINING.

Our Presbytery has invited our church into a comprehensive exploration of racism and white supremacy with Crossroads. Watch the past webinars at stjohnssf.org/lent



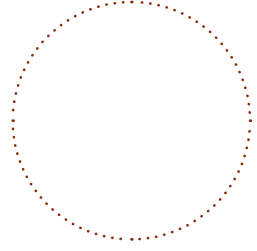
ATTEND HOMELESSNESS WORKSHOP.

Join the SF Night Ministry in March for a Zoom presentation and Q&A about homelessness with personal, first-hand stories about our city. Details at stjohnssf.org/lent



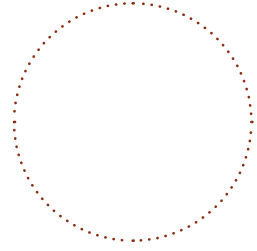
LEARN THE HISTORY OF ST. JOHN'S.

Do you know the story of our church? Page through a short St. John's history book, and learn more about where our community comes from. Find it stjohnssf.org/lent



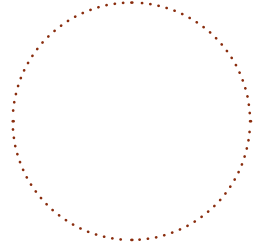
LEARN ABOUT SOCIAL JUSTICE WITH GLIDE.

Since 1929, our friends at Glide have worked for love and justice in SF. Join us in March for a Zoom presentation and Q&A with their social justice team. Details at stjohnssf.org/lent



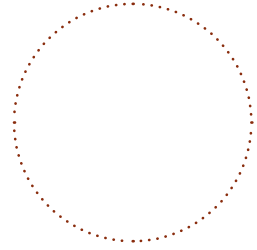
READ THE SF HOMELESS PROJECT.

For the past five years, the San Francisco Chronicle has examined the evolving issue of homelessness in our city. Read their comprehensive findings at stjohnssf.org/lent

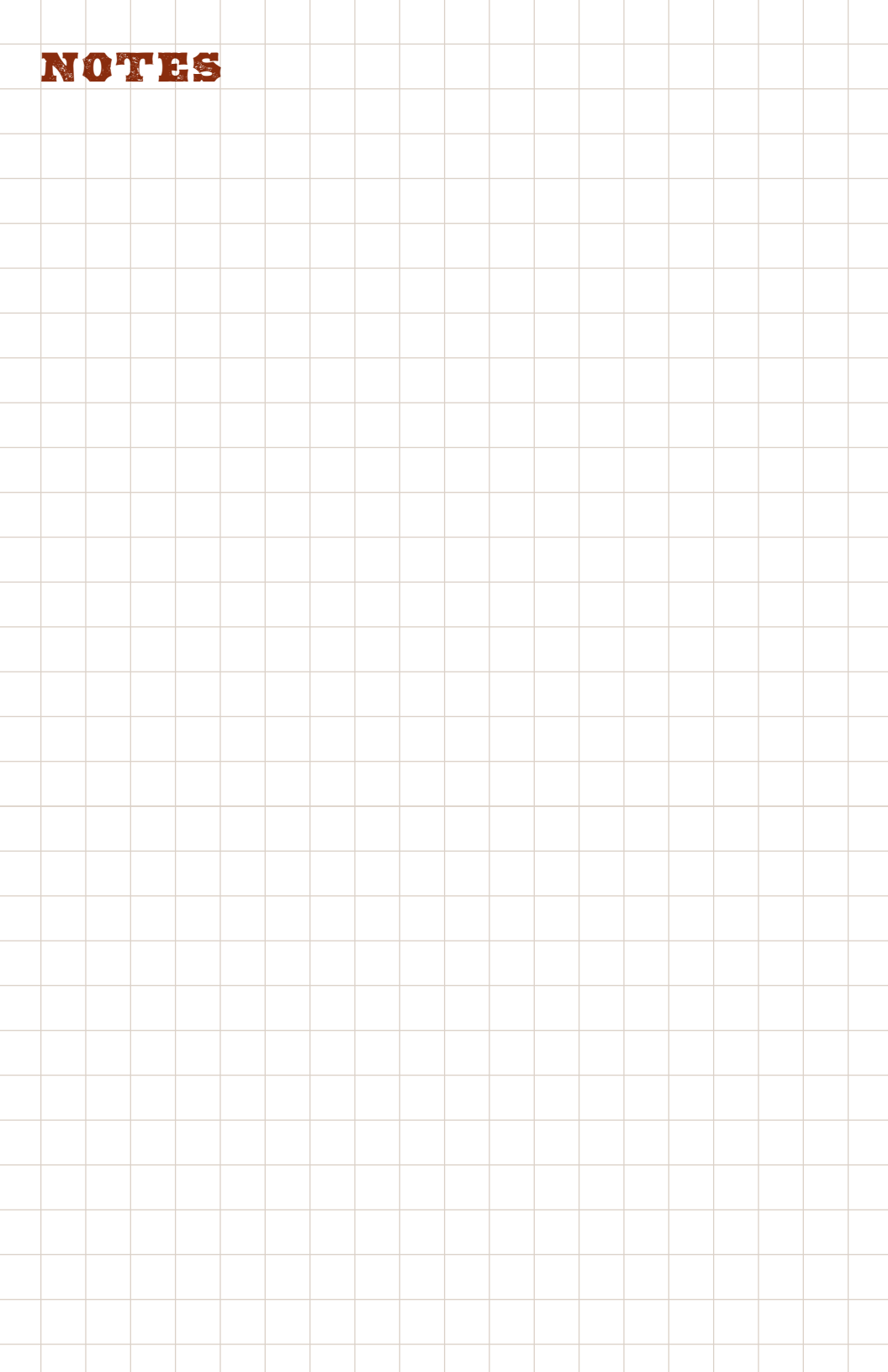


STUDY "WHAT LIES BETWEEN US" BOOK.

Join our Presbytery as we explore the book/journal "What Lies Between Us" and begin a journey of racial healing. Find out more at stjohnssf.org/lent



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CULTIVATING THE WILDERNESS

CULTIVATING

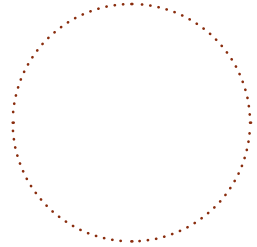
the Wilderness

We can still grow and nourish things in the wilderness.
These activities are ways that you can cultivate and care
for the world and your neighbors.

◆ THINGS TO DO ◆

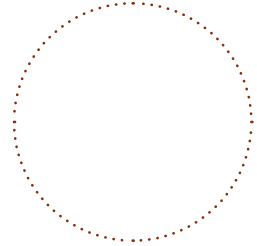
VOLUNTEER AT HARVEST.

Join us on Saturday morning at from 6:30-7:30am as we distribute groceries to over 200+ households in our neighborhood. Sign up at stjohnssf.org/harvest



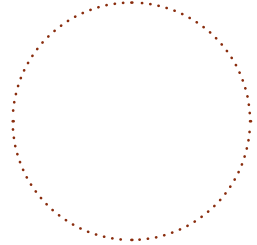
WRITE TO SOMEONE AT ST. JOHN'S.

Help our St. John's community stay connected! Write an encouraging note (text, email, or snail mail) to someone in our church family just to say hello.



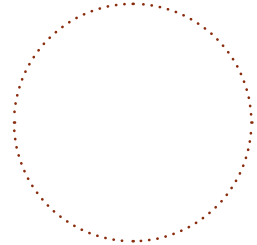
DONATE FOOD ITEMS.

We are collecting ready-to-eat food items (granola bars, fruit snacks, etc.) for vulnerable & unhoused neighbors who come to our building for support. Suggested items at stjohnssf.org/lent



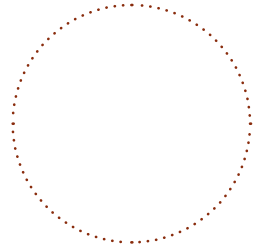
BUY A PERSONAL CARE ITEM.

We are also collecting personal care items (soap, socks, blankets, etc.) for vulnerable & unhoused neighbors who come to us for support. Suggested items at stjohnssf.org/lent



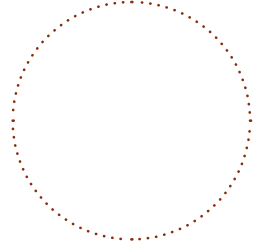
BE A PENPAL FOR SANCTUARY HUDDLE.

Write a letter to an immigration penpal currently being held in a detention facility as part of the ministry of our Sanctuary Huddle. Sign up at stjohnssf.org/lent



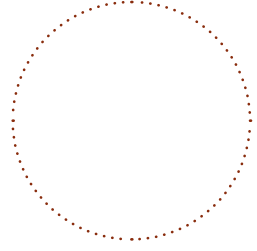
CALL A SENIOR.

Make calls with the Curry Center in the Tenderloin who serves seniors with an outreach phone program to keep them connected. Sign up at stjohnssf.org/lent



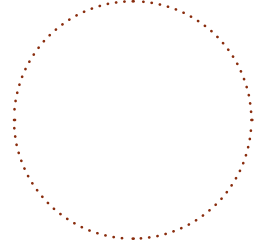
DYE EASTER EGGS.

Add a little color to the wilderness! Dye some colorful easter eggs with our easy, at-home “recipes” for you at stjohnssf.org/lent



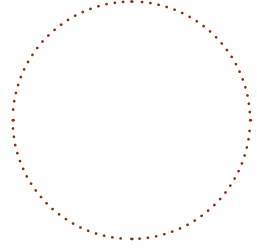
WRITE YOUR HOPE IN A BOTTLE.

Hope still lives in the wilderness! Write a hope or a prayer in a bottle (or email it us) and bring it to the sanctuary to place in our sand garden.



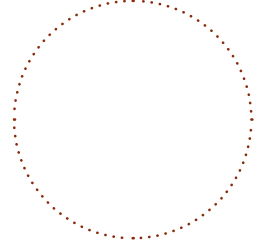
GET A SUCCULENT TO PLANT.

Come to the sanctuary in March to get a succulent from our sand garden. Plant at home or anywhere to add a little more beauty to the world.

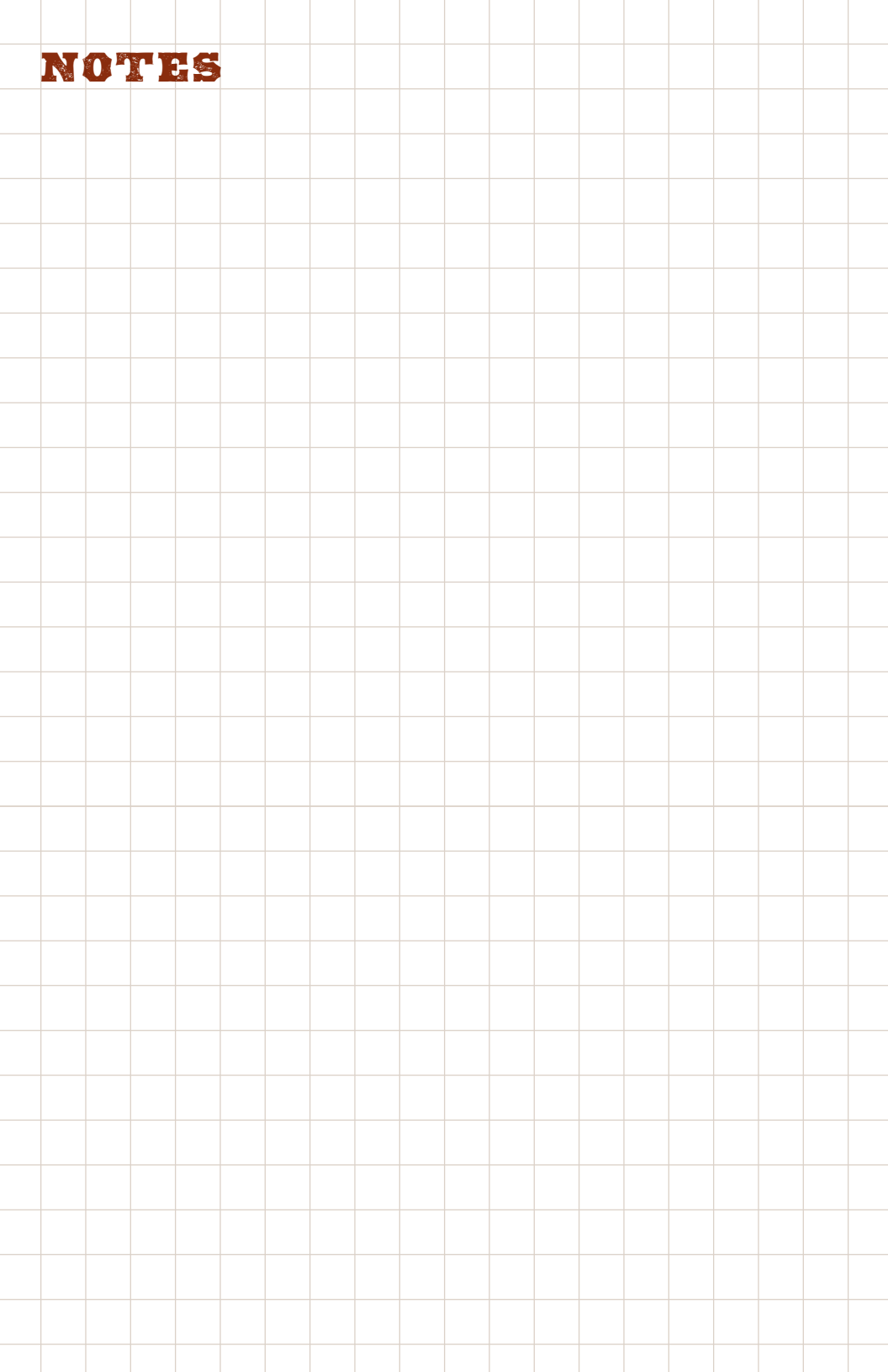


CONSIDER YOUR LAND.

SF exists on Ohlone land. In an act of healing the legacy of colonization, consider giving to a trust that facilitates the return of the land to Indigenous people. Learn more at stjohnssf.org/lent



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