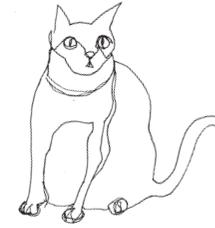




## Week 1 Leave it all behind



### 1 Wednesday

John 15.2-27

He removes every branch in me that bears

no fruit. Every branch that bears fruit he prunes to make it bear more fruit. You have already been cleansed by the word that I have spoken to you.

**Lent is traditionally a time to “give something up”. Is there something in your life that you would like to give up? or “Let die”? (it could be a feeling; depression or anger perhaps. It could be behaviour or an addiction). On the first page, draw a simple self portrait, on the forehead of your portrait write or draw something to represent what you would like to give up this lent.**

### 2 Thursday

Imagine you are walking into the desert, leaving everything you know behind you.

**In your journal draw images to represent all the things you would be leaving behind (friends, family, cars, houses, electrical goods, pets, water, depression, job, security, jealousy etc). Try and fit as many images on the page as you can. If you would rather, you can cut out and stick images from magazines to the page. How do these images make you feel?**

### 3 Friday

Matthew 6v19

19 “Don’t store treasures for yourselves

here on earth where moths and rust will destroy them and thieves can break in and steal them. 20 But store your treasures in heaven where they cannot be destroyed by moths or rust and where thieves cannot break in and steal them. 21 Your heart will be where your treasure is.

**What might your “treasures in heaven” be, as mentioned in this bible verse? Draw an image to represent them.**

### 4 Saturday

Imagine walking into the desert or wilderness again. **This time,**

**draw what is in front of you. Is your scene calm or desolate? Is it welcoming or foreboding?**

### Sunday

Look back on the last week in your journal. Are there any ideas you might like to look at in more detail? Are there any drawings that you were particularly pleased with, perhaps you could develop it into a painting or collage? If you can’t make it to the “40” meeting, try combining elements from all your images on to one page of your journal (you could try tracing them). Add some colour too.



## Week 2 The Wilderness

### 5 Monday

Extract from TS Eliot's Wasteland.

A heap of broken images,  
where the sun beats,  
And the dead tree gives no  
shelter, the cricket no relief,  
And the dry stone no sound of  
water.

Only There is shadow under  
this red rock,  
(Come in under the shadow of  
this red rock),  
And I will show you some-  
thing different from either  
Your shadow at morning strid-  
ing behind you  
Or your shadow at evening  
rising to meet you;  
I will show you fear in a hand-  
ful of dust.

**Is there an image in this extract that grabs your attention? Can you create that image in your journal? Perhaps you might consider the concept of "fear", can you give your fears a colour or shape?**

### 6 Tuesday

Turn back to your image of "treasure" (from day 3) – can you draw it again on day 6 of your journal? Maybe your "treasure" idea has changed, perhaps you might like to adjust it or draw a new version.

### 7 Wednesday

(Julian of Norwich)

"And what can make us rejoice in God more than to see in Him that He rejoices in us, the highest of all His works? For I saw in the same showing that if the blessed Trinity could have made man's soul any better, any more beautiful, any nobler than it was made, He would not have been wholly pleased with the creation of man's soul. But because He made man's soul as fair, as good, as precious a creature as He could make it, therefore the Blessed Trinity is wholly pleased without end in the creation of man's soul, and He wills that our hearts be powerfully raised above the depths of the earth and all vain sorrows, and rejoice in Him."

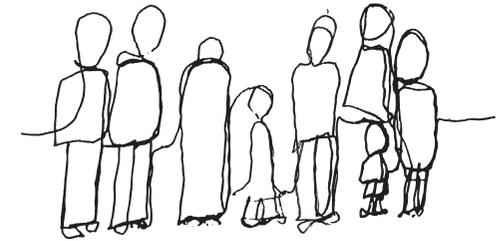
**What might "vain sorrows" be in your life? Can you draw them buried underground. Above the ground draw yourself walking over them.**

### 8 Thursday

Usually the biblical references to Wilderness are negative: it's a place of thirst, hunger, deprivation of all sorts, windswept, haunted, etc. At the same time, though, there are signs of romanticization of a nomadic past where a person is not hemmed in by the rules of city life.

Quite often prophets wandered in the wilderness to be "tested" or "tempted," making the wilderness a place of spiritual renewal. Surviving in the wilderness demonstrated that a person was able to overcome physical and psychological dangers — not just because they were cut off from ready sources of food or water, but also from their community. (Austin Cline)

**Have you ever felt cut off or alienated from your 'community'? Or have you felt hemmed in by rules? Draw yourself in the wilderness, are you uncomfortable or relieved to be there?**



### 9 Friday

Extract from TS Eliot's Wasteland.

In the faint moonlight, the grass is singing  
Over the tumbled graves,  
about the chapel  
There is the empty chapel,  
only the wind's home.  
It has no windows, and the door swings,  
Dry bones can harm no one.

**In Eliot's Wasteland there is an empty chapel. Imagine you have come across this chapel on your journey. Without taking your pen or pencil off the paper, draw the scene inside the chapel using a continuous line (single line drawing). Is it a peaceful scene or a haunting one? Do you want to stay there or move on?**

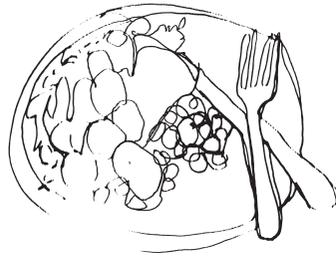
### 10 Saturday

We're going back to the idea of "community" (one of the elements missing from a Wilderness).

**In a similar way to yesterday, without taking your pencil off the paper, draw the people in your community with one continuous line. How might it be a harmonious gathering? You might like to think about how the lives in your community are connected.**



## Week 3 Hunger



### 11 Monday

Matthew 4:1-11  
“Then Jesus was led by the Spirit

into the desert to be tempted by the devil. After fasting forty days and forty nights, he was hungry. The tempter came to him and said, “If you are the Son of God, tell these stones to become bread.” Jesus answered, “It is written: Man does not live on bread alone, but on every word that comes from the mouth of God.”

**Imagine being really hungry (perhaps you are!) Consider what colour that feeling might be, what shape is it? Draw and colour the shape in your journal.**

### 12 Tuesday

Matthew 6v25  
“So I tell you, don’t worry about

the food or drink you need to live, or about the clothes you need for your body. Life is more than food, and the body is more than clothes. Look at the birds in the air. They don’t plant or harvest or store food in barns, but your heavenly Father feeds them. And you know that you are worth much more than the birds. 27 You cannot add any time to your life by worrying about it.

**Can you remember the best meal you have ever eaten? In your journal, draw yourself eating and enjoying that meal – try and put in as many details as you can remember.**

### 13 Wednesday

(Julian of Norwich – Revelations of Divine Love Ch. 60)

The mother can give her child such from her milk, but our precious Mother Jesus can feed us with Himself; and He does it most graciously and most tenderly with the Blessed Sacrament which is the Precious Food of true life. And with all the sweet Sacraments He supports us most mercifully and graciously.

**Does anything comfort or disturb you in this extract? Draw an image to represent “the precious food of true life”.**

### 14 Thursday

Matthew 5:3-12  
“Blessed are

those who hunger and thirst for righteousness, for they will be filled.”

**Righteousness is sometimes interpreted as “being right with God” Are you hungry for righteousness? How would you describe righteousness, write or draw some ideas in your journal.**

### 15 Friday

proverbs 16 v 26

26 The appetite of workers works for them; their hunger urges them on.

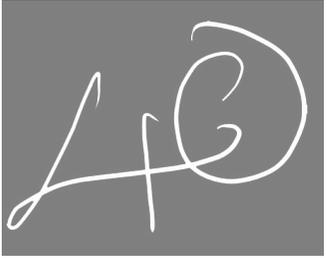
**How might hunger be a good thing? What urges you on in everyday life? Write or draw some of your ideas.**

### 16 Saturday

Deuteronomy 8 v 3

3He humbled you by letting you hunger, then by feeding you with manna, with which neither you nor your ancestors were acquainted, in order to make you understand that one does not live by bread alone, but by every word that comes from the mouth of the Lord.

**When have you received “manna” or something you have really needed? How do you feel when you received it? Grateful? Embarrassed? Draw yourself receiving a giftbox. In that gift box try to draw how you felt, what colour was it? What shape was it?**



## Week 4 Thirst



### 17 Monday

(Extract from The Wasteland by TS Eliot).

If there were water  
And no rock  
If there were rock  
And also water  
And water  
A spring  
A pool among the rock  
If there were the sound of  
water only  
Not the cicada  
And dry grass singing  
But sound of water over a rock  
Where the hermit-thrush sings  
in the pine trees  
Drip drop drip drop drop drop  
drop  
But there is no water

Can you remember being thirsty? What shape is that feeling? What colour is it? Draw "thirsty" in your journal,

### 18 Tuesday

Turn back to your image of "treasure" (from day 3) – can you draw it again here? Maybe your idea about what your "treasure" is has changed, perhaps you might like to adjust it or draw a new version.

### 19 Wednesday

(Extract from the Rime of the Ancient Mariner

- Coleridge)  
"I looked to heaven, and tried to pray;  
But or ever a prayer had gusht,  
A wicked whisper came and made  
My heart as dry as dust."

What might a "wicked whisper" say to you to make your "heart as dry as dust"? Write it in your journal, then use wavy watery lines to cross it out.

### 20 Thursday

Matthew 5:3-12  
"Blessed are those who hunger and thirst for righteousness, for they will be filled."

Draw your "thirsty" image again (from day 17) and combine it with your ideas from day 14 (your ideas about righteousness).

### 21 Friday

Psalm 143:6:  
"My Soul thirsts for you like a parched land."

What is your soul thirsty for today? Write whatever comes to mind in your journal.

### 22 Saturday

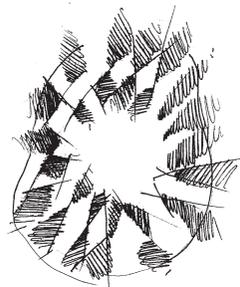
John 7 v 37 - 38

Rivers of Living Water  
37 On the last day of the festival, the great day, while Jesus was standing there, he cried out, 'Let anyone who is thirsty come to me, and let the one who believes in me drink. As the scripture has said, "Out of the believer's heart shall flow rivers of living water."

Draw your heart with river of living water flowing from it.



## Week 5 Temptation



### 23 Monday

Matthew 4:1-11  
Then Jesus was led by the Spirit

into the desert to be tempted by the devil. After fasting forty days and forty nights, he was hungry. The tempter came to him and said, "If you are the Son of God, tell these stones to become bread."

Jesus answered, "It is written: 'Man does not live on bread alone, but on every word that comes from the mouth of God.'"

**Think back to your "hunger" image on day 12 – draw it again here, but write a bible verse across it (you could pick your favourite, or one at random).**

### 24 Tuesday

Matthew 4:5-7  
Then the devil took him to the

holy city and had him stand on the highest point of the temple. "If you are the Son of God," he said, "throw yourself down. For it is written:

"'He will command his angels concerning you, and they will lift you up in their hands, so that you will not strike your foot against a stone.'" Jesus answered him, "It is also written: 'Do not put the Lord your God to the test.'"

**I wouldn't have thrown myself off either! Is it sometimes easy to "do the right thing"? – can you remember a time when you resisted the temptation to test God. Draw an image to remind you of that time in your journal.**

### 25 Wednesday

Genesis 3:6  
"So when the woman saw that

the tree was good for food, and that it was a delight to the eyes, and that the tree was to be desired to make one wise, she took of its fruit and ate; and she also gave some to her husband, who was with her, and he ate."

**How would you describe temptation? Draw the "tree of the knowledge of good and evil" only instead of drawing it in Eden, draw it in the wilderness/desert. Draw lots of fruit on it. What might the fruit represent to you? Perhaps you might like to write some words on the fruit.**

### 26 Thursday

Matthew 4:8  
Again, the

devil took him to a very high mountain and showed him all the kingdoms of the world and their splendour. "All this I will give you," he said, "if you will bow down and worship me." Jesus said to him, "Away from me, Satan! For it is written: 'Worship the Lord your God, and serve him only.'" Then the devil left him, and angels came and attended him.

**Draw yourself being attended by angels. (you can draw "satan" scurrying away too if you like!)**

### 27 Friday

**Resist something today (a second helping, a chocolate, sugar in your tea....). Write what it was in your journal. How did resisting temptation make you feel? What colour was it? What shape was it?**

### 28 Saturday

Draw your "resistance" image from yesterday again – embellish it more if you can. Add more colours – let it grow, nurture it!



## Week 6 Loneliness



**29** **Monday**  
Look back to your image of yourself in the wilderness (day 8) – do you look lonely? Or are you at peace? How can you cultivate a positive experience from the wilderness experience? Perhaps you would appreciate more time on your own, or you'd like to spend more time with your "community"? Write some ideas in your journal.

**30** **Tuesday**  
Genesis 2 v 18  
18 Then the Lord God said, 'It is not good that the man should be alone; I will make him a helper as his partner.'

**In the Celtic traditions of the church people are encouraged to have a soul friend or Anam Cara. Imagine you have an Anam Cara (you may have actually have one!) Write a short letter to them in your journal about your experiences in the "wilderness".**

**31** **Wednesday**  
(Extract Maya Angelou – Alone)  
"Lying, thinking  
Last night  
How to find my soul a home  
Where water is not thirsty  
And bread loaf is not stone  
I came up with one thing  
And I don't believe I'm wrong  
That nobody,  
But nobody  
Can make it out here alone.

Alone, all alone  
Nobody, but nobody  
Can make it out here alone.

There are some millionaires  
With money they can't use  
Their wives run round like banshees  
Their children sing the blues  
They've got expensive doctors  
To cure their hearts of stone.  
But nobody  
No, nobody  
Can make it out here alone."

**Is there a place where your "soul" has a home? Draw that place in your journal. How does it feel when your soul is at home? Can you include some colours or shapes to represent this feeling?**

**32** **Thursday**  
John O'Donohue (Celtic Wisdom)

"We should not force ourselves to change by hammering our lives into any predetermined shape. We do not need to operate according to the idea of a predetermined program, plan or goals for our lives. Instead, we need to practice an art of attention to the inner rhythm of our days and lives, which will bring a new awareness of our own human and divine presence."

**This quote suggests how being alone might give you the opportunity to be mindful of our inner rhythm. Draw the outline of yourself (no features, just an empty body). Inside, draw your treasure from day 18. You might also want to include some of the things that "urge you on" from day 15 if they seem appropriate.**

**33** **Friday**  
John O'Donohue (Celtic Wisdom)  
"The death of a loved one is bitterly lonely. When you really love someone, you would be willing to die in their place. Yet no one can take another's place when that time comes. Each one of us has to go alone. It is so strange that when someone dies, they literally disappear. Human experience includes all kinds of continuity and discontinuity, closeness and distance. In death, experience reaches the ultimate frontier. The deceased literally falls out of the visible world of form and presence. At birth you appear out of nowhere, at death you disappear to nowhere. . . . The terrible moment of loneliness in grief comes when you realize that you will never see the deceased again. The absence of their life, the absence of their voice, face, and presence become something that, as Sylvia Plath says, begins to grow beside you like a tree."

**Being alone in the wilderness would give you chance to reflect on the absence of friends and family. Draw yourself in the wilderness sheltering in the shade of a tree. You could write the names of your loved ones on the tree.**

**34** **Saturday**  
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--e.e.cummings  
**This is a concrete poem (it reads "A leaf falls loneliness") How about exploring different arrangements of letters. Try writing a simple phrase about loneliness and your experiences of it. How might arranging the letters add to the meaning?**



## Week 7 The End

### 37 Wednesday

John O'Donohue  
(The question

holds the lantern).  
"If you could imagine the most incredible story ever, it would be less incredible than the story of being here. And the ironic thing is that story is not a story, it is true. It takes us so long to see where we are. It takes us even longer to see who we are. This is why the greatest gift you could ever dream is a gift that you can only receive from one person. And that person is you yourself. Therefore, the most subversive invitation you could ever accept is the invitation to awaken to who you are and where you have landed. ...When your soul awakens, you begin to truly inherit your life. You leave the kingdom of fake surfaces, repetitive talk and weary roles and slip deeper into the true adventure of who you are and who you are called to become. The greatest friend of the soul is the unknown. Yet we are afraid of the unknown because it lies outside our vision and our control. We avoid it or quell it by filtering it through our protective barriers of domestication and control. The normal way never leads home."

**Have you ever travelled to somewhere unknown – perhaps a different country or just a place where you have never been before. Were you apprehensive or afraid? Can you remember how that felt? Draw something to remind you.**



### 35 Monday

If you can watch:  
<http://www.youtube.com/watch?v=P-6a25Yo2wE>  
(40 a Video of Jesus in the Wilderness by Si Smith).

**If you can't watch this video, remind yourself of Day 5: I will show you fear in a handful of dust. (Extract of TS Eliot's Wasteland).**

**How might dust be fear? Write or draw your ideas in your journal.**

### 36 Tuesday

"And this is from the abundance of love, for grace converts our frightful failing into plenteous endless solace, and grace converts our shameful falling into noble, honorable rising, and grace converts our sorrowful dying into holy, blissful life. I saw full certainly that ever as our contrariness makes pain, shame, and sorrow for us here on earth, just so on the contrary, grace makes solace, honor, and bliss for us in heaven, exceeding the earthly to such an extent that when we come up and receive the sweet reward which grace has created for us, then we shall thank and bless our Lord, endlessly rejoicing that ever we suffered woe." (Julian of Norwich – The revelations of divine love - Ch 48)

**Turn your journal upside down, draw yourself falling towards the earth. Add colour and details to both your figure and the earth. When you have finished, turn your journal back the right way. How does the image look now?**

### 38 Thursday

Maundy Thursday commemorates the institution of the Eucharist, a Christian sacrament that involves consecrating (or making holy) bread and wine. The term "Maundy" derives from the Latin word for "commandment". The New Testament in the bible describes events that took place on Holy Thursday. These events include Jesus washing his disciples' feet and the Last Supper before he was arrested. Many Maundy Thursday church traditions come from practices that took place in Europe for many centuries. Since the time of the British settlement in Australia in the 18th century, many Europeans who moved to Australia took with them their customs and traditions, including Christian observances such as Maundy Thursday.

**Draw an image of feet washing or the last supper.**

### 39 Friday

Shantih shantih shantih

**(Last 3 words of The Wasteland – translation: The peace that passes all understanding) In your journal, split the page into 3. In the first space, think about then draw what colour this peace might be, what shape might it be. Try repeating your image in the second and third spaces. Does anything happen as you repeat the image?**

### 40 Saturday

Desert wandering was a way for Jesus to deny the physical comforts of living, and focus on the spiritual, to journey deep into his heart and find what was really important – what his treasure was. What was your treasure? How might you nurture this treasure? Was it a person? How can you arrange your day so you can spend more time with your treasure?  
draw a simple self portrait, on the forehead of your portrait write or draw something to represent what you would like to take with you as you leave the desert.

**The End**

Happy Easter!