

WRITING PROMPTS FOR LENT

Seven prompts to use during Lent 2022

- Ash Wednesday, then one per week, or
- use on your own schedule

JulieHester.com

paying attention ✨ writing it down

Ashes

We begin Lent with heavy hearts. Images of war and destruction fill the news. Our frailty and human sin are evident.

Write in response to the question:

What's underneath the ashes?

01



02 What to Let Go Of

Make a list of things you can let go of during Lent
(or forever.)

stuff, habits, old ideas, certainty....

Choose one or more and write more about it.



Waiting for the Lord

*Wait for the LORD; be strong, and let your heart
take courage; wait for the LORD!*

~Psalm 27:14

Write about what you are waiting for.

03





04

What I Don't Know

Mary Oliver's poem *I Happened to Be Standing*, begins:

*I don't know where prayers go,
or what they do.*

*Do cats pray, while they sleep
half-asleep in the sun?*

Start your writing with: "I don't know..."

What I Carry

Write about what you carry...

in your heart
on your back
alone
for others

05



06

At the Table

Joy Harjo's poem *Perhaps the World Ends Here* says:

*At this table we sing with joy, with sorrow. We pray of
suffering and remorse. We give thanks.*

Write about a table where you have eaten meals.



Torn

Write in response to Luke 23:44-45:

*It was now about noon, and darkness came over the
whole land until three in the afternoon,
while the sun's light failed; and the curtain of the
temple was torn in two.*

07

