



March 2019

**A Lenten Journey with Mattie J.T. Stepanek
Mattie J.T. Stepanek Guild**

When Mattie was eight years old, he created a Lenten booklet entitled *“Ponder, Praise, and Prayer”* with meditations for every day of Lent and Holy Week. He begins each day with a reflection and selection from sacred scripture. He then responds to the Word by adding his own personal thoughts. And then finally, he reaches out to readers sharing one of his *Heartsong* poems to complete the meditation for the day. As we enter this Lenten season, the *Mattie J.T. Stepanek Guild* shares with you an excerpt from these private, unpublished meditations so you may come into a deeper understanding of Mattie’s profound dialogue with God and his grace-filled spirituality.

In the preface of this booklet, Mattie offers us an invitation:

*“As you move through Lent and Holy Week, I encourage you
to ponder and reflect on the Bible verse suggested for each day.
Then, give praise through your personal response to the verse.
And finally, choose to reach out with the Message,
by sharing your Heartsong with others.
Share God through your words and way of living, every day.”*

This was Mattie’s meditation for Ash Wednesday:

Ponder & Reflect:

The eleven disciples went to the hill in Galilee where Jesus had told them to go. When they saw him, they worshiped him, even though some of them doubted. Jesus drew near and said to them, “I have been given all authority in heaven and on earth. Go, then, to all peoples everywhere and make them my disciples: baptize them in the name of the Father, the Son, and the Holy Spirit, and teach them to obey everything I have commanded you. And I will be with you always, to the end of the age. --- Matthew 28:16-20

Praise & Respond:

We must have faith in God. We must look for God in others, and in all of life. We must never give up, for it is never too late. Just say 'yes' to God. – Mattie

Pray & Reach Out:

Facing the Future

Every journey begins
With but a small step.
And every day is a chance
For a new, small step
In the right direction.
Just follow your *Heartsong*.



Mattie J.T. Stepanek
December 31, 1998
Journey Through Heartsongs (Hyperion 2002)

