

My Lenten Practice

The season of Lent begins on Ash Wednesday and concludes with the celebration of Easter. These 40 days of preparation lead us to the death and resurrection of Jesus. It is a special time to grow in faith through practices of spiritual discipline, prayer, self-examination, and repentance. While these practices are part of our year-round Christian Walk, Lent is a good time to refine our discipline, adjust our techniques, or even try something new.

- ☐ Make a list of things, people, and experiences for which you are thankful. Add to it each day. Give prayerful thanks.
- ☐ Light a candle and meditate for five minutes each day on a word your spirit needs to hear right now. Maybe your star word, a name for God, or a phrase like “I am forgiven.”
- ☐ Go outside and don’t take any pictures. Just appreciate the beauty of nature for yourself through your senses.
- ☐ Participate in the Lenten Sunday School class “*Meeting Jesus on the Road*” beginning February 22nd in the parlor.
- ☐ Invite a friend to worship on Sunday mornings.
- ☐ Pray the Jesus prayer daily several times a day using “Lord Jesus, Son of God, have mercy on me a sinner.” Then change the next day to, “Lord Jesus Christ, Son of God, have mercy on me your beloved child.”
- ☐ Do a traditional fast, like abstaining from meat, dessert, cola, or chocolate and donate the money saved to charity like HIM, or Rusk County Children’s Advocacy.

