

Lenten Practices

For nearly two thousand years the 40-day season of Lent has been used by God's people to remember the events of Jesus' crucifixion and resurrection. Beginning on Ash Wednesday, Christians throughout the ages have chosen to take on disciplines to keep them centered on God all the way to Easter. We encourage you to take on these daily spiritual practices as well, which can help protect from distraction and increase our ability to hear from God. May we all be transformed as we participate in these exercises of grace.

Monday: Make no purchases

Most of us can buy things whenever we need them. Take a day to fast purchases. Examples: Make your lunch instead of buying it. Plan to fill your tank of gas on another day. Avoid the vending machine. As you do, pray for those who go without.

Tuesday: Make a personal contact

Our lives can be so busy. Many of us are in such a rush that we don't have time for relationships. Examples: Write and send a hand-written note. Make a phone call to an old friend. Have people over for a meal. As you do, encourage them in the Lord or thank them for their influence in your life.

Wednesday: Fast noise

For many of us, we are constantly barraged with noise from our T.V. radio, or iPod. Our lives are also bombarded with distractions through social media and advertisement. Embrace silence so that God's voice may be loud in your life. Examples: Turn off your car radio. Take a break from social media. Keep the television off today. As you do, sing a worship song, or speak out your prayers, and listen for God's still small voice.

Thursday: Add an extra hour of sleep

We are designed to need sleep. Rest is one of the greatest gifts God gives us. Some of us are exhausted from burning the candle at both ends. Be thankful for God's goodness by going to bed an hour early. If you can't sleep, lie in bed and read the scriptures or pray for the needs of others.

Friday: Fast a food of your choice

It is easy to become addicted to sweets, caffeine, and constant eating. Recognize your dependence on God, and be thankful for the things you enjoy by choosing to fast a meal or a food of choice. As you do, focus on your dependence on God for your most basic needs.

Saturday: Add an hour of physical activity

When we take care of our bodies we take care of the temple of the Holy Spirit. Examples: Go for a walk. Visit the Family Life Center. Swim a few laps at the YMCA. As you do, pray for those who are suffering from disease or sickness, and thank God for the gift of life and the health you have.

Sunday: Celebrate in worship! Participate with the community in the 9:00 or 11:15 worship service.

Online at bethanyaz.org/lenten-renewal

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