

Lenten Journey:

Lent is a 40 day season between Ash Wednesday and Easter Sunday. It is a time to remember who we are and who God is. For centuries Christians have used Lent as a time to fast, pray, give alms, read scripture and prepare themselves for Holy Week and Easter.

Each Wednesday in Lent we will prepare ourselves for Easter by praying and reading scripture in worship at the 6:30pm Lenten worship services. Then at 7pm we will meet for a brief confirmation class.

As part of your Lenten journey this year I challenge each of you to focus on at least one of the three Lenten disciplines: Almsgiving, Prayer or Fasting/Giving Something Up. Pick one of these disciplines and complete the following brief journal entry for each day of Lent. (Remember the 40 days does not include Sunday—it is your Sabbath day!). See my suggestions below:

Almsgiving: Pick a mission, cause or charity and support it each day with your money and prayers. Use the journal to write what you did, why you did it, and what you hope it will accomplish.

Prayer: Each day spend some time in prayer. Pray simply. Perhaps use the Thanks, Please and Wow prayer from author Anne Lamott (Thank you God for.... Please God.... Wow God (thank you God for...)). Use the journal to record some of who and what you prayed.

Fasting/Giving Something Up—Give something up. Anger. Sarcasm. Facebook. Snapchat(!.) Or even better give away something. Do you have a lot of stuff? Most of us have too much. How can you use your stuff to help God by helping others? Give away 40 things in forty days. Each day find something of yours, or with permission of your parents, something of your family's, that you can give away. Give it to a friend, give it to a neighbor, or best yet give it to someone in need. Keep a list of the items, why you choose it, and how it makes you feel (is it easy, hard, fun, scary, etc). The only rule is that it has to be give-able (nothing broken, that's just trash). It has to be something someone else would want.

Can you make it? How long can you make it? Let's see on Easter Sunday. A blessed Lenten journey to you all.

Pastor Chris

February 14 Today I ... _____

Why did you choose this? _____

How does it make you feel? _____

February 15 Today I ... _____

Why did you choose this? _____

How does it make you feel? _____

February 16 Today I ... _____

Why did you choose this? _____

How does it make you feel? _____

February 17 Today I... _____

Why did you choose this? _____

How does it make you feel? _____

February 19 Today I .._____

Why did you choose this? _____

How does it make you feel? _____

February 20 Today I ..._____

Why did you choose this? _____

How does it make you feel? _____

February 21 Today I..._____

Why did you choose this? _____

How does it make you feel? _____

February 22 Today I ..._____

Why did you choose this? _____

How does it make you feel? _____

February 23 Today I ... _____

Why did you choose this? _____

How does it make you feel? _____

February 24 Today I ... _____

Why did you choose this? _____

How does it make you feel? _____

February 26 Today I ... _____

Why did you choose this? _____

How does it make you feel? _____

February 27 Today I... _____

Why did you choose this? _____

How does it make you feel? _____

February 28 Today I ... _____

Why did you choose this? _____

How does it make you feel? _____

March 1 Today I ... _____

Why did you choose this? _____

How does it make you feel? _____

March 2 Today I... _____

Why did you choose this? _____

How does it make you feel? _____

March 3 Today I... _____

Why did you choose this? _____

How does it make you feel? _____

March 5 Today I ... _____

Why did you choose this? _____

How does it make you feel? _____

March 6 Today I ... _____

Why did you choose this? _____

How does it make you feel? _____

March 7 Today I ... _____

Why did you choose this? _____

How does it make you feel? _____

March 8 Today I ... _____

Why did you choose this? _____

How does it make you feel? _____

March 9 Today I ... _____

Why did you choose this? _____

How does it make you feel? _____

March 10 Today I ... _____

Why did you choose this? _____

How does it make you feel? _____

March 12 Today I ... _____

Why did you choose this? _____

How does it make you feel? _____

March 13 Today I gave... _____

Why did you choose this? _____

How does it make you feel? _____

March 14 Today I ... _____

Why did you choose this? _____

How does it make you feel? _____

March 15 Today I ... _____

Why did you choose this? _____

How does it make you feel? _____

March 16 Today I... _____

Why did you choose this? _____

How does it make you feel? _____

March 17 Today I ... _____

Why did you choose this? _____

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March 19 Today I ... _____

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March 20 Today I ... _____

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March 24 Today I... _____

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March 26 Today I ... _____

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March 27 Today I ... _____

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March 28 Today I... _____

Why did you choose this? _____

How does it make you feel? _____

March 29 Today I... _____

Why did you choose this? _____

How does it make you feel? _____

March 30 Today I ... _____

Why did you choose this? _____

How does it make you feel? _____

March 31 ... _____

Why did you choose this? _____

How does it make you feel? _____
