

# My 2021 Lenten Observance

Think about this season of preparation for Easter as a time of forming holy habits, of taking on something or giving up something to draw you closer to Christ. Lent extends for 40 days from Ash Wednesday to Easter Sunday, excluding Sundays.

## Inward and Personal Disciplines

- Spend time in silent prayer each day.
- Read at least one of the four Gospels (Matthew, Mark, Luke, or John).
- Keep a journal of questions and thoughts regarding your daily scripture reading.
- Focus on giving thanks in prayer, rather than on requests.
- Fast (refrain from food) for one meal or day each week.
- Alternatively fast from TV, phone, internet, or other material pleasures for a set time a day or one day a week.
- Refrain from criticism and control my language.
- Seek to practice greater humility.
- Give up one habit or item daily: \_\_\_\_\_.
- Make a list of people with whom I need to be reconciled. Pray for them and let Jesus guide me in my thoughts and feelings toward them.
- Forgive someone, or myself, for a hurt inflicted.
- Pray to God to help me resist temptations and to give me strength in opposing them.
- Take one hour to inventory my priorities and plan how I will reorder them in light of my faith.
- Declutter phone from apps that take away from work, family, and personal spiritual health.
- Say "NO" to something that is a waste of money and/or time.
- Participate in a Bible Study group
- Attend Worship weekly.
- Other: \_\_\_\_\_.

## Outward and Social Disciplines

- Write a letter of affirmation once a week to a person who has touched my life.
- Begin to de-clutter my life (home and/or workplace).
- Plan to contact a "shut-in" neighbor or church member weekly.
- Give blood and remember the cross.
- Volunteer to help with the Homeless Meal Program through the bagged Lunch Program.
- Bring non-perishable food to the bin outside the elevator lobby door for AFAC (Arlington Food Assistance Center).
- Participate in an act of justice for others.
- Participate in more consistent volunteering opportunities (ushering, setting up for events, organizing church supplies)\*
- Refrain from "one use" plastics and attempt to reduce waste.
- Decide to become a member of the church.\*
- Take on some loving task: \_\_\_\_\_.

## To help me along my Lenten Journey

- I will privately vow with God to be faithful to this plan.
- I will share my Lenten Observance Plan with a friend and share with that person my experience of Lent during Holy Week.
- I will share my Lenten Observance Plan for Lent with a group I meet with.

(signed) \_\_\_\_\_ (date) \_\_\_\_\_



\*Contact church office for more information