

Invitation to the Observance of Lenten Discipline

Dear Brothers and sisters in Christ:

The early Christians observed with great devotion

The days of our Lord's passion and resurrection,

And it became the custom of the Church that before the Easter celebration

There should be a forty day season of spiritual preparation.

During this season converts to the faith were prepared for Holy Baptism.

It was also a time when persons who had committed serious sins

And had separated themselves from the community of faith

Were reconciled by penitence and forgiveness,

And restored to participation in the life of the Church.

In this way the whole congregation was reminded of the mercy and for-

giveness proclaimed in the gospel of Jesus Christ

And the need we all have to renew our faith.

I invite you, therefore, in the name of the church,

To observe a holy Lent:

By self-examination and repentance;

By prayer, fasting, and self-denial,

And by reading and meditation on God's Holy Word.



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*Where our mission is to lead people of all ages on the journey
to become deeply devoted followers of Jesus.*



LENTEN DISCIPLINES

Lent is a time to prepare for Easter.

I commit myself to the following disciplines for these 40 days, in order to experience the depth and power of the death and resurrection of our Lord and Savior.

First check the ones you feel prompted to do. Then pray about it and circle the ones you will be able to follow through on.

INWARD AND PERSONAL DISCIPLINES

Become healthier, body, mind, and spirit:

- Spend time in solitude and prayer daily
- Fast from food one day a week. Give the time and money to Jesus
- Fast from a habit I need to give up
- Read twice through the Gospels of Matthew, Mark, Luke & John
- Join a Bible study group
- Get enough healthy food, rest & exercise
- Reconcile with at least one person I am at odds with
- Attend all the Holy Week services as an act of love toward Jesus
- Inventory my priorities and reorder them in the light of Christ's love
- Try to make my lifestyle match my priorities
- Give up a grudge
- Forgive someone
- Worship every week.
- Find a prayer partner
- Pray for my enemies

OUTWARD AND SOCIAL DISCIPLINES

Listen and respond to Christ's call to a ministry of service:

- Write a letter of affirmation once a week to someone who is not expecting it, or someone who has touched my life.
 - Go to coffee or dinner with someone I want to know better
 - Recycle
 - Participate in serving a meal at the Watkins Center
 - Donate toward No More Malaria. Work to increase awareness of this effort.
 - Volunteer to help with Family Promise (March 8 -15)
 - Say "no" to something that is a waste of money and time
 - Pray for the courage to share my faith openly
 - Decide to become a member of the church
 - Rebuke the spirit of criticism and get my own tongue in control
 - Pray with someone/for someone
 - Bring an acquaintance to church on Palm Sunday and Easter
 - Seriously consider the membership vows to support the church with "my prayers, presence, gifts, service, and witness."
- Others

As a way of being held accountable, I will find someone with whom I can covenant so that we can share our intentions and encourage each other's growth in Christ.

Signed _____