

## 5 Ways to Observe Lent

Lent is a season of focus and preparation.

It aligns our hearts with God's heart as we approach Easter.

The following are just a few ways to focus and prepare.



**Worship and Prayer:** Be intentional about worship.

Using the Gospel of Mark, we will be centering in on the crucified Messiah and the call to take up the cross.

During this season, Jesus turns upside down everything we expect. In Lent, before you take your seat, go to the alter, and say a pray to the crucified Messiah.



**Give Something Up:** Is there something that takes you away or distracts you from your important relationships with God and others? If so give it up for Lent. Or give up something you love, like chocolate, as a discipline of denying oneself. Getting rid of distraction and/or denying oneself can help us follow Jesus.



**Give Time to God:** Find a Lenten devotional, read a book of the Bible, or use the "Your Faith Journey" guide in the weekly bulletin throughout Lent. Spend time with God and God's word. Give God 15 minutes a day in the morning, at lunch, or before bed. Pray to begin this 15 minutes and pray to end it.



**Serve:** In participation of the life of Christ, during Lent, find a way to serve others. We as a church will be offering ways for you to serve our shut-ins, but you can serve during Lent in multiple ways. It can be as simple as intentionally opening the door for others, even strangers. Through regular serving, we gain the mindset of Christ who did not come to be served, but to serve others.



**Practice Lent Together:** If you are in a small group, Sunday School class, fellowship group or Bible study, choose to do one of the above together. If you are not in any of these groups, gather a few friends or intentionally practice Lent with your spouse. Through this we can learn to encourage, support, and share life together.