

Lenten preparations for Easter celebration.

Not giving up but taking on a positive action.

In order to celebrate the resurrection of our Lord with a full heart, you are encouraged to prepare yourself with intentional actions that will help you focus and stretch into greater discipleship. Through Lent, you are encouraged to choose one of these actions, or one per week, or whatever is appropriate for the action item, and follow through with an expectancy that the Holy Spirit will be with you in this.

_____ Pray for one person by name you are asking God to bring close to him.

_____ Pass out invite cards to people

_____ Tell someone why you carry the nail with you through Lent.

_____ Do a Random Act of Kindness.

_____ Visit someone. Shut in, relative, neighbor, etc.

_____ Call a person to say thank you for something in the past. A teacher, neighbor, boss, etc.

_____ Write a thank you note to someone from your past.

_____ Read a book for spiritual growth

_____ Have a daily time in prayer or Bible reading

_____ Decide to forgive someone, then tell God about it and work at letting go.

_____ Read through one or more of the Gospels- Matthew, Mark, Luke, or John

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_____ Read through one or more of the Gospels- Matthew, Mark, Luke, or John

_____Fast: refrain from eating a meal and spend the time in prayer

_____Make a list of people I need to reconcile with or ask forgiveness from. Pray, then talk to one and ask for forgiveness.

_____Keep a journal of your prayers, concerns, questions, through Lent.

_____Go out of your way to help someone. Even if it is pushing a shopping cart back for them, holding a door open, let them into traffic, etc.

_____Do a "Sharing the Faith" time in worship to share what God has done or what you are learning.

_____Attend the Explore class

_____Take someone to lunch that might be lonely

_____Memorize a verse or more of scripture

_____Donate blood

_____Offer to do a youth message in worship

_____Pray with someone who is struggling

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