

*A Time to Repent
And Remember*



Traditionally for the Church, Lent has been a time of prayer, fasting and almsgiving.

The season of Lent in the Church is a season of repenting and remembering. It is a time of preparation for feasting! It begins with Ash Wednesday and ends with the Resurrection on Easter Sunday. The Church uses this time in the calendar to prepare for the Cross. We take 40 days and devote it to a time of fasting & repentance so that we can get ready for the 50 days of Easter feasting. This year as a church, we pray that we can practice repentance together. Here you will find some options for how we hope to practice this corporately. We pray that this would bless you deeply and stir your affections for Jesus as you remember his great love for you as we approach the Cross.



Consider joining our corporate practice through the daily practice of:

Prayer	Say the Lord's prayer on knees
Fasting	Add (Example: getting up 30 minutes early to read your Bible) Subtract (Example: give up caffeine) something that teaches you dependence on Jesus
Giving	Give up what is costly to you (time or money)

As a church, we are offering these practices. You can choose to practice overcoming one for the whole season or select a different one for each week of Lent.

Wrath

Disordered anger with vindictive motives

Give a gentle word or blessing (bless those who make you want to curse)

Sloth (Acedia)

Spiritual laziness that leads to neglect of a life of attentive love.

Go on a walk every day or make your bed every day, asking God to help you pay attention to where He calls you to be in this moment.

Greed

An overattachment to material wealth and goods that can be seen in excessive hoarding, spending or saving

Giving jar (stop unnecessary spending and give away what you save)

Pride

A high or exalted attitude about one's own ability, belongings or position

Practice confession of sin to someone else

Gluttony

Out of control desire to over-consume (eating, drinking, etc)

Memorize promises you have in Jesus

Lust

Disordered sexual desires and other strong cravings

No screens after 5 pm

Envy

Coveting something desirable that belongs to another or something we lack

Keep a gratitude journal

We invite you to memorize some or all of these during Lent to remember the hope you have because of Jesus

Promises of Jesus

John 6:37 All those the Father gives me will come to me, and whoever comes to me I will never drive away.

Matthew 4:19 Come, follow me and I will make you fishers of men

Luke 6:47 I will show you what he is like who comes to me and hears my words and puts them into practice

Matthew 11:28 Come to me, all who are weary and burdened, and I will give you rest.

John 14:16 And I will ask the Father, and he will give you another advocate to help you and be with you forever.

Philippians 1:6 And I am sure of this, that he who began a good work in you will bring it to completion at the day of Jesus Christ.

John 16:33 I have said these things to you, that in me you may have peace. In the world you will have tribulation. But take heart; I have overcome the world.

Matthew 22:36-40 "Teacher, which is the great commandment in the Law?" And he said to him, "You shall love the Lord your God with all your heart and with all your soul and with all your mind. This is the great and first commandment. And a second is like it: You shall love your neighbor as yourself. On these two commandments depend all the Law and the Prophets."

1 Peter 1:13-15 Therefore, preparing your minds for action, and being sober-minded, set your hope fully on the grace that will be brought to you at the revelation of Jesus Christ. As obedient children, do not be conformed to the passions of your former ignorance, but as he who called you is holy, you also be holy in all your conduct, since it is written, "You shall be holy, for I am holy."