Give God Ten for Lent

A Personal Spiritual Journey

We often hear people talking about giving up something for Lent. The practice of making a sacrifice for Lent is designed to help us grow in our relationship with God. Often individuals will give up something they enjoy such as chocolate. By the end of 40 days, it DOES feel like a sacrifice to be denied the delicious treat, but has the sacrifice deepened the relationship between the individual and God?

This Lent we invite you to take a different kind of faith journey. The sacrifice is to give ten minutes of your day to God. You can do this in a variety of ways:

* Read scripture for ten minutes a day. An excellent place to begin would be in the Gospels (Matthew, Mark, Luke and John). These four books of the bible recount the life of Jesus. You can do this in conjunction with our adult bible study *The Final Days* by Matt Rawle offered on Thursday afternoons at 3:30 pm beginning March 6 or on Wednesday evenings at 5:45 pm beginning March 12.
* Spend time in nature for ten minutes every day. Use the time as a sensory experience, deeply connecting with what you see, hear, smell, touch and even taste in God’s universe. Turn your thoughts to awe and praise for God.
* Spend ten minutes a day creating a gratitude journal. Writing down the things that you are thankful create a memorial of your blessings. In the Old Testament the people regularly built monuments to God to serve as a reminder of how He had blessed them. A gratitude journal serves as your own memorial and reminder of how faithful God is to you.
* Spend ten minutes a day reaching out to someone either through a written note, a phone call, a text or an email. God created us to be in community. Intentionally reaching out is a way of caring for God’s blessing of the people in your life.
* Spend ten minutes a day in an intentional prayer practice. You can try different methods of praying – writing a psalm, drawing or painting a picture, meditating or journaling. God longs for a relationship with you. Prayer is the foundation of your communication with God and how you pray can be as unique as the individual God created you to be.
* Choose your own way to spend an intentional ten minutes with God each day. You may be someone who already spends a great deal of time in spiritual practice. Ask yourself what new practice you could bring to your time that you meet with God each day.

Whatever you choose, be prepared to open yourself to God’s voice and God’s blessing as you walk your Lenten journey to the joy of Easter morning – one step, one moment at a time!

**GIVE GOD TEN FOR LENT**

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|  |  |  | March 5  Ash Wednesday | March 6 | March 7 | March 8 |
| March 9 | March 10 | March 11 | March 12 | March 13 | March 14 | March 15 |
| March 16 | March 17 | March 18 | March 19 | March 20 | March 21 | March 22 |
| March 23 | March 24 | March 25 | March 26 | March 27 | March 28 | March 29 |
| March 30 | March 31 | April 1 | April 2 | April 3 | April 4 | April 5 |
| April 6 | April 7 | April 8 | April 9 | April 10 | April 11 | April 12 |
| April 13  Palm Sunday | April 14 | April 15 | April 16 | April 17 | April 18 | April 19 |
| April 20  Easter Sunday |  |  |  |  |  |  |