

LENT TOGETHER

PREPARING FOR THE JOURNEY

We are leaving on the great Lenten Journey! Although Easter is six weeks away, Lent gives us the opportunity to journey through these last days of winter with our destination in mind. In the next few days, prepare for your Lenten journey by prayerfully reflecting on these three steps.

STEP ONE: CHART YOUR COURSE

Spend 15 prayerfully minutes reviewing how you spent your time and energy over the last year. Place the most significant experiences, routines, relationships, and habits in one of the columns below.

Where did I follow the Lord well? Where did you sense an increase of faith, hope, love, freedom, or joy in your relationship with God and others?

Where did I not follow the Lord well? Consider where you did not experience these blessings because of any of the following:

Sin: Ways in which I have intentionally chosen my own path

Burdens: Things that started as comfort but have become attachments

Habits: Personal or cultural issues which I have carried apart from the Lord

Where did I follow the Lord well?	Where did I not follow the Lord well?

Circle 1 or 2 items from the left-hand column that you want the Father to establish in your life with even greater consistency and freedom. Then circle 1 or 2 items from the right-hand column where you need God's freedom, correction, and power.

Finally, consider a few simple practices of the Lenten disciplines which correspond to your desires.

Generosity: If you desire a greater bondedness to the Church or freedom from an attachment to wealth and possessions, increase or begin your regular giving to the Church.

If you desire more connection with those in need, give to people and ministries struggling financially.

Prayer: Based on your desire to draw closer to Jesus this Lent, set a simple, regular rhythm of prayer. Who will you pray with this Lent? Who will you pray for this Lent--friends, family members, leaders, or those far from God? How will you intercede for the Church and for the world?

Fasting: Ask the Lord for strength to walk completely away from any of the sinful habits you have identified.

Complete Fast - Consider a complete fast from habits that have become enslaving attachments.

Partial Fast - Consider greatly reducing your interaction with anything connected to the burdens you listed in the chart above.

Weekly Food Fast - If you desire growth in your connection to the Lord and in interceding for others, consider setting aside one day a week, or just a meal or two, for regular prayer and fasting.

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Join Resurrection as we give toward a daycare center in an impoverished area outside of Phnom Penh, Cambodia for this year's Good Friday Gift.

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Consider joining Resurrection in a full or partial fast from social and news media in the season of Lent.

STEP TWO: FIND A TRAVEL BUDDY

Find somebody who will walk beside you on the Lenten Journey. Plan a regular time to connect, pray together, keep one another accountable, and encourage each other. For starters, after completing this assessment, plan a time to meet with your travel buddy: in person, on the phone, or via Zoom. Briefly share your reflections from steps two and three, and then take time to pray for one another.

STEP THREE: PACK YOUR BAGS

What are you bringing with you?

Your Bible - Choose a passage of Scripture with your traveling buddy, even a short one, memorize on the journey.

Your Journal - As you journey, find a place to write down when the Lord is speaking to you in Scripture, in prayer, and through others.

Your Compass - Join the church each week as we gather, in-person or via livestream, to gain reorientation from the Lord in worship.

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Join Resurrection in memorizing Psalm 16 this Lent.

Join us Thursday nights in Lent for Worship through the Winter prayer and worship services at 7 p.m., in-person or via livestream.