**Invitation to the Observance of Lenten Discipline**

Dear Brothers and Sisters in Christ:

The early Christians observed with great devotion The days of our Lord’s passion and resurrection, and it became the custom of the Church that before the Easter celebration there should be a forty-day season of spiritual preparation. During this season converts to the faith were prepared for Holy Baptism. It was also a time when persons who had committed serious sins and had separated themselves from the community of faith were reconciled by penitence and forgiveness and restored to participation in the life of the Church.

In this way the whole congregation was reminded of the mercy and forgiveness proclaimed in the gospel of Jesus Christ and the need we all have to renew our faith. We invite you, therefore, in the name of the church, to observe a holy Lent: By self-examination (looking inside) and repentance; by prayer, fasting, and self-denial, and by reading and meditation on God’s Holy Word.



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**Lenten**

**Disciplines**

**“Looking Inside - Reaching Out”**

### First United Methodist Church

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**OUTWARD AND SOCIAL DISCIPLINES**

*Listen and respond to Christ’s call to a ministry of service.*

 Call 1 person each week in the church directory that you don’t know.

 Go to coffee or dinner with someone I want to know better

 Recycle

 Participate in serving a meal at Waynewright on March 29th

 Make cards to send to shut-ins, nursing homes or children’s hospitals

 Donate to the Mission of the Month in February & March

 Volunteer for upcoming Opportunities or Church Committees

 Gather family & friends to do something nice for 1st Responders

 Pray with someone or For someone

 Bring an acquaintance to church on Palm Sunday & Easter

 Invite a Family to church

 Seriously consider the membership vows to support the church with
 “my prayers, presence, gifts, service and witness”

Others

As a way of being held accountable, I will find someone with whom I can
covenant so that we can share our intentions and encourage each other’s growth in Christ.

**Lent is a time to prepare for Easter.**

**I commit myself to the following disciplines for these 40
days, in or der to experience the depth and power
of the death and resurrection of our Lord and Savior.**

*First check the ones you feel prompted to do. Then p ray about it and circle the ones you will be able to follow through on.*

**INWARD AND PERSONAL DISCIPLINES**

Become healthier, body, mind, and spirit:

 Spend time in solitude and prayer daily

 Fast from food one day a week. Give the time and money to Jesus

 Fast from a habit I need to give up

 Reduce time spent on Social Media/Phone/Technology

 Read twice through the Gospels of Matthew, Mark, Luke & John

 Join a Bible Study group

 Get enough healthy food, rest & exercise

 Attend all the Holy Week services as an act of love toward Jesus

 Inventory my priorities and reorder them in the light of Christ’s love

 Try to make my lifestyle match my priorities

 Give up a grudge

 Forgive someone

 Attend in person Worship every week

 Find a prayer partner

 Pray for my enemies