

KEY PRACTICES TO OBSERVE DURING LENT:

FASTING

Adapted From "Bitter and Sweet" by Tsh Oxenreider

Ask God what might be most beneficial to you this Lent season, physically, emotionally and spiritually:

- Have I become overly dependent or indulgent on a particular sustenance, product/device/entertainment or practice lately?
- Which appetites have a unique grip on my body, mind or soul right now?
- What would be a genuinely challenging fast?
- What would be truly freeing to leave behind?
- What do I sense God calling me to?

Ideas for Your Fast:

- Sustenance: Sugar, Coffee, Soda, Caffeine, Alcohol, Chocolate, Meat, One Meal a Day
- Product/Device/Entertainment: Technology, Internet, Video Games, Social Media, Beauty Products, Sports, Streaming Services, Podcasts, Apps, Books, Movies, Music
- Practices: Spending Habits, Doing the most comfortable or convenient thing, Use of Sarcastic or Foul Language, Sleeping In, Eating Out

EXTENDED TIME IN SCRIPTURE & IN PRAYER

- Commit to walking through the 7 week Grace in the Word Study

GENEROSITY

- Set up a Giving Jar in your home: family members can toss in loose change or dollars through Lent and then decide who/what you will give it to
- Volunteer your time at one of our local partners:
 - **Manna Cafe** - mannacafeministries.com
 - **YaiPaks Outreach** - yaioutreach.org
 - **Loaves and Fishes** - loavesandfishestn.org
 - **Hope Pregnancy Center** - hopepregnancy.net
 - **Urban Ministries** - clarksvilleurbanministries.com
- Volunteer in your church - graceclarksville.com/volunteer
- Surprise someone with a generous tip
- Make Blessing bags to keep in your car to give to people you see in need
- Pay it forward in the drive through line

THINGS TO CENTER YOUR HEART ON DURING LENT

1. Remembering - who God is and what He's done for us through the life, death and resurrection of Jesus
2. Reflecting - on our hearts, our brokenness, and His Truth
3. Repenting - turn from one way to move toward another, to reconsider, to think differently
4. Receiving - God's mercy, forgiveness, and grace
5. Rejoicing - in the hard times and in the beautiful times

Scripture References: Psalm 143:5, 2 Timothy 3:16-17, Hebrews 4:12, Romans 7:23-25, Romans 8:1-3, 1 John 1:9, Acts 3:19-20, Romans 2:4-5, Joel 2:13, Ephesians 3:14-19

QUOTES:

"Welcoming the temporary suffering of Lent is swimming upstream in a culture that prefers to go with the flow. But as G.K. Chesterton says... a dead thing can go with the stream, but only a living thing can go against it." - Tsh Oxenreider

"Lent is a time for discipline, for confession, for honesty, not because God is mean or fault-finding or finger-pointing but because he wants us to know the joy of being cleaned out, ready for all the good things he now has in store." - N.T. Wright

"Each of these (seven words of Jesus) offers us a window into Jesus's life. Through his Seven Last Words we are invited to come to know him more deeply. Imagine a friend asking you to accompany him or her through a difficult time—You would see your friend at his or her most vulnerable, most naked, most honest. It would be a privilege to accompany your friend in that way—it's something that would change your relationship forever. The Seven Last Words are such an invitation. They offer us a privileged access into Jesus's life and therefore an entrée into who he is. They help to reveal him to us more fully. Jesus, then, becomes someone whom we can understand better, as we would want to understand any friend. And he becomes someone with whom we can enter more deeply into a relationship."- James Martin - Seven Last Words of Jesus