

Lent-by-Number Guide

Lent by Number—Community Mural— Congregational Lenten Journey

*This year, as we take a season to intentionally
move differently in our faith,
we have a number of ways
to encourage your faith this Lent.*

*Our collective effort is the Community Mural.
It is a huge, paint-by-number
depiction of Holy Week that needs all of us.
Painting opportunities
are noted in the bulletin booklet.*

Lent by Number—Your Personal Lenten Journey



*Here are a number of ideas to get you thinking
about your individual approach to Lent.*

*While we are collectively creating
a community mural,
we can each nurture our own individual faith lives
with a little bit of creativity and intentionality.*

Daily Prayer *it need not be wordy.*

- 1) Pray as soon as you wake up. *Thank you God for this new day. Be with me wherever I go. Amen.*
- 2) Pray before meals together. *Thank you God for this food before us and love between us. Amen.*
- 3) Pray for a new person each day. Family, friends, co-workers, neighbors, people in the news, car accidents you pass by...make a list of 40 and start praying!


Daily Devotionals & Scripture

- 4) Download Daily Devotional from Luther Seminary (an ELCA Seminary in Minnesota) <https://tinyurl.com/34emwjds>

- 5) Read through all 4 Gospels in Lent with this reading plan. <https://tinyurl.com/4rwtpus7>

- 6) Watch episodes of *The Chosen* to be immersed in lives and times of Jesus. It is available on Amazon Prime, and plenty of scenes and some episodes are available on YouTube.

Fast *from what drains you.*

- 7) Social media?
- 8) A type of indulgence? *Chocolate or ice cream are always popular!*
- 9) Complaining

Add *more of what fills you up*

- 10) Commit to Adult Choir for Lent & be a part of the Palm Sunday Cantata; Thursdays at 6:30pm
- 11) Join the Women's Zoom Bible Study, Monday nights. <https://tinyurl.com/3r5xzwkj>

- 12) Join the Wednesday Bible Study at 10am at church
- 13) Intentionally make time for that which brings you renewal and life (exercise? Time with a certain friend? Sports? Reading? Cooking? Decluttering? Building some thing?)

Give *away and share your time, talents, and treasure*

- 14) Try intentional, regular giving to New Life if you aren't already.

- 15) Select a charity close to your heart and donate
- 16) Give some time to understanding lives/ needs different than yours. Learn about the needs people have around you (youth, immigrants, unemployed, underinsured, mental health, special needs, the incarcerated.)
- 17) What are you good at? Give that skill away and help someone intentionally.

Last but not Least!

Put Holy Week into your calendar now.

- 18) Add

Palm Sunday April 13

Cantata at 8:15 & 10:15 am

Maundy Thursday, April 17

worship & stripping of the altar 7:00 pm

Good Friday, April 18

worship from light to darkness, 7:00 pm

Easter! April 20

*Sunrise worship at 6:30 am,
worship at 8:15 & 10:15 am*