

● ● ● | Thinking out loud...

Here are some questions and ways to think through if you are going to participate in Lent this year.

What might I be hearing God say to give up for Lent? (Usually you only give up one thing...just list your options.

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What would be hard about giving up \_\_\_\_\_?

Why would I NOT want to do it?

What could I imagine replacing \_\_\_\_\_ with that would help me grow as a healthy disciple in another vital sign?



Whom would I love to be with on this journey? Have I asked them yet?

Disclaimer: This is a doozy of a convicting question!

In light of what Jesus gave up for me (glory, power, comfort, his life...) what am I NOT willing to give up for Him?



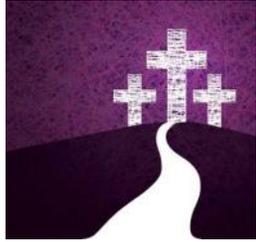
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● ● ● | Preparing for Easter with an ancient practice in a fresh way

Wednesday March 1 - Saturday April 15

# ● ● ● | What is Lent?



Lent is generally observed as a time for Christians to reflect, repent, and pray as a way of preparing their hearts for Easter.

It starts on Ash Wednesday (March 1) and ends on Easter (April 16) so therefore it lasts 40 days. You might be saying that this is actually 47 days... and you would be right! The Sundays, while a part of your observance, aren't counted as part of the 40 days and on Easter it's over so ..just go with it!

Lent is most commonly observed by those Christian denominations that are considered more 'liturgical', that is, they adhere to a common church calendar and have many set traditional parts of their worship times.

Christians from many different theological persuasions choose to observe Lent as a way of focusing their thoughts on Jesus Christ and preparing for the Easter season. There is no right or wrong way to observe Lent even though there are many common traditional ways to go about it.

It truly differs from church to church and person to person. Here is what we are asking you to consider here at Temple this year as part of a personal journey as well as a corporate experiment.

# ● ● ● | How do I participate in Lent?

## FIVE STEPS TO LENT 2017

1. **PRAY** between now and Sunday, February 26th about your involvement in Lent 2017. Ask God to give you wisdom, a clear sense of whether or not this is something you will do this year and the commitment to do it.
2. **DECIDE ON SOMETHING YOU WILL GIVE UP** during the Lent season. We do this for a couple of reasons:
  - We want to physically deny ourselves of something we usually engage in for the purpose of denying ourselves like Christ denied himself as he fasted in the wilderness. This should be something that is not 'easy' to give up but not completely detrimental to your health/life. For example people give up coffee (*gasp*), pop, alcohol, eating red meat (or any meat), social media, movies/Netflix/TV, chocolate, eating out, watching sports. Some kids want to give up vegetables but we aren't sure that's the Lent talking:)
  - We do this to replace it with an intentional focus on our relationship with Jesus. If you give up something that takes time you will need to replace it with something that helps you grow in your life as a disciple (reading scripture, devotional book, prayer etc). If you give up some type of food you might want to save what money you would have used

and have a plan to give it away generously at the end or during Lent. But to give something up without replacing it will not fully engage the Lenten practice.

3. **DO LENT WITH SOMEONE ELSE**. The easiest thing will be to connect with someone you are already doing life with, maybe from your Gospel Community, your Bible study, your spouse or a good friend. While this is predominantly a personal journey, having a partner will help in those times it gets hard and you need some support. Commit to holding each other accountable, to encouragement and to pray for each other during these 40+ days.

4. **JOIN UP** at Temple on Sunday February 26 so that we can create community in our journey. We will have a special moment in the Gathering that day to commemorate the journey. We are also planning ways to create encouragements, prayers and communal moments of reflection for those who will be taking this journey together.

5. **DIVE IN AND ANTICIPATE GOD** showing up and making himself real during this Lenten season. A wise way to do this is have a journal ready or place to make a God-Note when He does show up. It will happen and our prayer is that during the 40+ days there will be some amazing moments. Also as we celebrate the Resurrection of Jesus on April 16 we anticipate a renewed and fresh spirit of worship together and taking place in your soul!