



A Practice A Day

Things to do that shape our days during Lent

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The church season of Lent, the 40 days, not including Sundays, is a time of preparation before the celebration of Easter. Throughout the ages, followers of Jesus have engaged in daily practices to guide them through Lent. Below you will find a suggested practice for each of the 40 days of Lent. This is an invitation for you to receive and consider as you feel led. Some of the practices may resonate with you strongly whereas others may not apply. Feel free to make this journey your own by making adjustments or adding different practices. The guiding principle remains: How will you live these 40 days so that you move closer to God, others and yourself in love?

“To repent is to come to your senses. It is not so much something you do as something that happens. True repentance spends less time looking at the past and saying ‘I’m sorry,’ than to look at the future and saying ‘Wow!’”

- Frederick Buechner

Day 1 - Read Psalm 51.

Day 2 - Take 3 minutes of silence at noon.

Day 3 - Begin dinner with prayer. *If this is already a practice of yours, try a different prayer.*

Day 4 - Write (or tell someone) 5 things you are grateful for.

Day 5 - Look back at your Epiphany star word and consider how this word has shown up in your daily life. (If you need a star word contact the church office!)

Day 6 - Try to have a “no complaining!” day.

Day 7 - Donate a pair of jeans or used baseball cap to Fig Leaf Clothing Closet at UUMC.

Day 8 - Drink only water today.

Day 9 - Write a note to a church member you haven't seen in awhile.

Day 10 - Buy a few \$5 fast food gift cards to give to unhoused persons you encounter.

Day 11 - Avoid buying products packaged in single-use plastic containers this week.

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Day 12 - Pray the News (after listening to the news or reading the newspaper, pray for the people and situations you learn about).

Day 13 - Buy some flowers or a plant and deliver to a neighbor.

Day 14 - Call a family member or friend you haven't talked to in awhile.

Day 15 - Read Matthew 5 -1-12.

Day 16 - Spend time outside and find 5 things that are beautiful to you.

Day 17 - Forgive someone (yourself counts).

Day 18 - Don't use the internet today (if you need to for work, set aside another day in the week).

Day 19 - Try a new recipe sometime this week.

Day 20 - Remove an app from your phone for the day (or maybe for all of Lent!).

Day 21 - Read John 8 -1-11.

Day 22 - Make today a no television day.

Day 23 - Introduce yourself to a neighbor you don't know.

Day 24 - Pray the Lord's Prayer.

Day 25 - Bake something to give to someone.

Day 26 - Make today a no shopping day.

Day 27 - Pray for people who are unhoused and sleeping on the street.

Day 28 - Fast from social media.

Day 29 - Share an act of kindness to someone you find difficult to like.

Day 30 - Consider where you see Christ today and share it with someone.

Day 31 - Find time during the week to pick up an old hobby.

Day 32 - Look up some quotes on hope. Write one down that you really like to keep with you.

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Day 33 - Next time you're at the grocery store, ask the cashier what their favorite candy bar is. Then buy it and give it to them.

Day 34 - Before going to bed, spend a few moments breathing slowly; inhaling & exhaling to the count of 5.

Day 35 - Invite someone to worship for Easter Sunday.

Day 36 - Make today a no sugar day.
Where else is there sweetness in your life?

Day 37 - If you order food from the drive through sometime this week, pay for the person's order behind you.

Day 38 - Don't turn on the car radio today.

Day 39 - Light a candle and pray for peace.

Day 40 - Consider which of these exercises you'll keep for good!

Beloved Is Where We Begin

by Jan Richardson

If you would enter
into the wilderness,
do not begin
without a blessing.

Do not leave
without hearing
who you are:
Beloved,
named by the One
who has traveled this path
before you.

Do not go
without letting it echo
in your ears,
and if you find
it is hard
to let it into your heart,
do not despair.
That is what
this journey is for.

I cannot promise
this blessing will free you
from danger,
from fear,
from hunger
or thirst,
from the scorching
of sun
or the fall
of the night.

But I can tell you
that on this path
there will be help.
I can tell you
that on this way
there will be rest.

I can tell you
that you will know
the strange graces
that come to our aid
only on a road
such as this,
that fly to meet us
bearing comfort
and strength,
that come alongside us
for no other cause
than to lean themselves
toward our ear
and with their
curious insistence
whisper our name:

Beloved.
Beloved.
Beloved.

Join us this Lent & Easter

*Learn more about our
Lenten Study, Worship services
and more at uumc.org/easter*

