



## WHY?

*What is Lent?* For followers of Jesus, Lent is the season of spiritual preparation before Easter. It includes the 40 days between Ash Wednesday and Easter Sunday. During Lent, we are encouraged to observe a period of fasting, repentance, self-denial, and spiritual discipline. Followers of Jesus have used this time to draw closer to Jesus as they take a long look at their sin and even longer look at the cross and the resurrection. During Lent, we see our need for a Savior.

*Why fast?* The Bible tells us Jesus spent 40 days fasting before beginning his ministry here on earth. To be more like him, we fast from conveniences, luxuries, and earthly needs. Some also take on a new spiritual discipline like reading the Bible and spending more time in prayer to draw near to God. As a church we want to use this time to rid ourselves of distractions and seek the Lord - both his will for our life and our church.

## WHAT?

We have been making our way through a sermon series: The Ruthless Elimination of Hurry. We are being challenged to slow. We are being challenged to abide in Jesus. Lent is the perfect time to put into practice what God has been teaching us.

### For 40 days...

Put something down to help you ruthlessly eliminate hurry. Pick something up to help you abide in Jesus.

#### Suggestions of things to put down for the next 40 days:

1. Don't pull out your phone when you're standing in line at Publix/Starbucks/etc.
2. "Parent" your phone. Put it to sleep before you go to sleep and don't let it come out of its room until you've been awake for a while.
3. No phone at the dinner table.
4. When you are hanging out at home, leave your phone in another room.
5. Don't pull out your phone when you are at a stop sign or stop light.
6. Only check social media one time per day and put a time limit on it.

#### Suggestions of things to pick up for the next 40 days:

1. Go to bed 15 minutes earlier and wake up 15 minutes earlier and spend it in quiet, prayer, and Bible reading.
2. Journal (*beginner journalist try "A Jesus Calling Guided Journal Life in His Presence" by Sarah Young*)
3. Shift your prayer life to this order: Praise, Thanksgiving, Confession, Others, You.
4. Seek Silence. Turn off external noise.
5. Read through the Gospels.
6. Slow down.

## Prayer and Scripture during LENT

The Lord invited us on a spiritual journey when he led us to move and build a new church on Horatio Street. He has Kingdom purposes in mind beyond our imagination. Let's approach Him every day between now and Easter by praying this prayer and reading this scripture, asking for His guidance:

**Lord, reveal your Kingdom purposes for placing us in this specific location. Help us to build real relationships that will lead to real transformation as we serve and love our community with the hope of Jesus.**

Scripture: Matthew 22:37-39

*"Jesus said, 'You must love the Lord your God with all your heart, all your soul, and all your mind. This is the first and greatest commandment. A second is equally important: 'Love your neighbor as yourself.'"*

***We are eager to see what the Lord has in store for each of us!***