

## Practicing the Spiritual Disciplines Lent 2026

During Lent, let's intentionally cultivate habits that deepen our relationship with God by Taking Off and Putting On. Start with only one to three of these.

### Taking Off:

- **Fasting:** Intentionally refrain one to three meals to remind yourself that your soul depends on God more than your stomach depends on food.
- **Abstaining:** Give up things that divert your attention away from God (e.g., TV, phones, hobbies, etc.) so that you have more time to spend with Him, doing His will.
- **Repenting:** Examine your life and intentionally turn away from the habits you know displease the Lord.

### Putting On:

- **Praying:** Dedicate 5-15 extra minutes a day to pray and spend intimate, one-on-one time with God.
- **Almsgiving:** Give sacrificially to the church or to organizations that help the poor or spread the Gospel.
- **Scripture reading:** Dedicate 5-15 extra minutes a day to read the Bible. Perhaps, one Psalm a day for 40 days.
- **Worshiping:** Add a prayer meeting, Bible Study, or the new mid-week Eucharist to your routine.
- **Devotional Reading:** Read spiritual literature that will help you focus on God and grow closer to Him, like *The Celebration of Discipline* or a devotional guide.
- **Singing:** use an online hymnal to read or sing hymns you love or even those with which you are unfamiliar.
- **Memorizing:** Memorize a few verses, so God's word is always in your heart. Maybe start with Psalm 103!

It's OK if you mess up. The goal is to grow closer to our loving God. Even baby steps move us in the right direction!