

MY INWARD/PERSONAL DISCIPLINES

for my Lenten Journey from now through my Easter joy:

- ___ Spend time in prayer and the Word each day
- ___ Come to Sunday morning worship to praise God and support and be supported by God's children
- ___ Come to Good Friday worship to remind myself I must die to sin
- ___ Read a book for inner growth
- ___ Read and pray through the Passion story in one of the gospels
- ___ Focus on thanksgiving rather than asking in prayer
- ___ Keep a prayer journal
- ___ Take better care of the body God has given me through:
 - ___ more sleep
 - ___ better eating
 - ___ or exercise
- ___ Fast from food for a day or for a certain meal or meals
- ___ Fast from a certain food or drink, such as chocolate or pop
- ___ Fast from TV, radio or the internet for certain days or hours
- ___ Other inward/personal discipline(s) I feel God leading me to:

MY OUTWARD/SOCIAL DISCIPLINES

for my Lenten journey now through my Easter joy:

- ___ Visit someone who needs a visit weekly (not necessarily the same person)
- ___ Call or email a person who needs contact with me weekly (not necessarily the same person)
- ___ Write a letter of thanks or affirmation to someone
- ___ Invite someone from the church or a guest in worship to coffee or a meal
- ___ Give blood and recall how Jesus shed his blood for me
- ___ Volunteer in some way I am not doing now in the church
- ___ Volunteer in some way I am not doing now in the community
- ___ Quit something which is a waste of my time and/or money
- ___ Pray for the Lord to help me overcome a prejudice against an ethnic group or age group or other group
- ___ Other outward/social disciplines I feel God leading me to:

Optional:

I will tell (Name of person I trust) _____ and ask him/her to pray for me in this/these discipline(s). I will contact him/her in some way during Lent to seek this prayer support (weekly or once or twice).