

# The Season of Lent

Choose one or more ways below to respond to this season.

*"Create in me a clean heart, O God, and renew and right spirit within me."*  
Psalm 51:10



## Reflection Section:

*Questions for deeper reflection. Think about them on a walk, journal, draw, or talk to a friend or as a family. Whatever feels right. Just be sure to give the questions a few minutes of your undivided attention.*

- Lent is the season of getting ready or preparing for Easter. Why do you think Lent is 40 days long? Why does it take us so long to get ready for Easter? How will you get ready?
- To repent means to turn toward Christ. What are things that pull you away from Christ? How might you repent?
- Read and reflect on Psalm 51, written by King David.

## Imagination Station:

Option One: Design a tablescape that reflects the Lenten season. Consider using rocks, sand, a candle, purple, a flower bulb, barberry, a mirror, a cross, or anything meaningful to you for this reflective season.

Option Two: Bury the Alleluia! Make your own alleluia or print one out. Where will you hide yours? Bonus: Take a photo of you hiding the alleluia and post it on social media.

## Outdoor Adventure:

Option One: Plant some bulbs or seeds. Notice how new life springs forth. Jesus was raised from the dead to new life. Lent renews us and fills us with new life as well. What is your prayer for renewal these 40 days?

Option Two: Take a walk and look for signs of spring and new life. How might God be renewing your spirit ?

## Kitchen Connection:

Option One: Bake or purchase pretzels to enjoy. The shape of the pretzel represents arms crossed in prayer. Try praying with your arms crossed like a pretzel.

Option Two: Make soup for supper one night, or one night each week. If you wish, make a donation towards a soup kitchen in your area. Bon appétit!

## Faith Practice:

Option One: In this season of renewal, what is one faith practice you would like to recommit to? [Worship, Prayer, Service, Give, Encourage, Invite, Study] Ask God to help and guide you.

Option Two: Sometimes it's easy to jump from Palm Sunday to Easter without spending time pondering Jesus's death on the cross. This Holy Week, take time to process Jesus's death and the deep love that is given for you. Let Jesus's death make the celebration on Easter even more special. Love wins! God wins!

Option Three: Hang out with God. Chat. Listen.