

LENT

DOING LENT WELL IN 2019

LENT is a period of mindfulness, reflection, challenge and simplicity that prepares us for EASTER. LENT runs from Ash Wednesday on the 6th February and Easter Sunday on the 21st March. Below are a list of things you can consider doing during LENT. Pick the one or two that work for you.



40acts is the generosity challenge for LENT. *40acts* asks the question; what if LENT could be about more than just giving stuff up? What if it could be a time of radical generosity as well as spiritual discipline? Do this individually, as a group, or as a family...this one works well for getting all the family involved. Sign up to receive daily encouragements and challenges at www.40acts.org.uk



Read Luke's Gospel during LENT with the help of the Diocese of Salisbury's *Prayer Together* booklet. Each day includes a snippet from Luke, a reflection to consider, a pray and a prompt to do something in response. Booklets are available for free (my favourite price to pay) at church.



Address the excess. Our lives are a beautiful, sacred gift. Yet the world keeps trying to tell us that we aren't enough, that we need to add more to our life: more success, more money, more stuff. LENT is an opportunity to clear out the clutter, strip away the excess and rediscover the holiness at the heart of life. Sign up to receive a reflection, prayer or poem at www.tearfund.org/en/lent_2019/



These are my 'do less, consume less, be more' good for your mental health and/or the environment suggestions. Quit/cut down on social media. Quit/cut down on meat (be warned 3 out of 5 Brindles have become veggies after quitting meat at LENT in past years). Quit/cut down on booze (be reassured the 2 legally aged Brindle drinkers have never quit booze fully as a result!) Walk or bike instead of using the car where you can. Leave the phone behind. Don't buy any new stuff. Only check emails once or twice a day. Go to bed early.

Wake early and start your day with the Bible. Don't compare yourself to others – comparison is the thief of joy!

For more info about services during LENT visit www.stjamesdevizes.org