

## Heartwork: Lent Week 1



*40 days of Lent. When we think of 40 days, it may seem daunting to take on Lenten practices. If we are honest, our lives do not always give us space for prayer or the ability to survive March birthdays while fasting from sweets. This year, let's commit our lives to 40 days of **Heartwork** and begin each day with a one practice to grow in our love for God.*

### **First Fast Monday** – choose one

- water only for one day
- no car audio ... you just might find your heart grateful for something you see on your travels

**Touch-base Tuesday** – text, email, call someone you've not seen for awhile

### **Wednesday in the Word** – John 3

*A wise teacher of Israel sits down with Jesus, and becomes a student of his own faith. What lessons do we hear?*

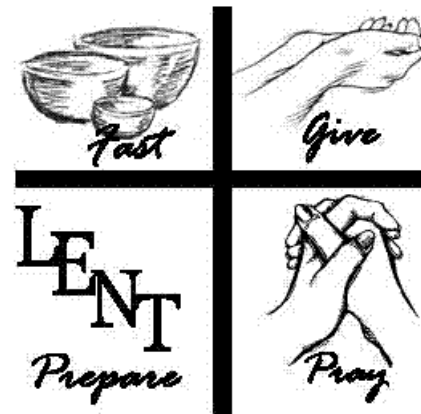
**Thursday Pray** – *Loving God, Sometimes my heart turns in every direction except towards you. Please help me to turn my heart toward you, to gaze upon you in trust and to seek your kingdom with all of my heart. Soften my hardened heart so that I might love others as a way to glorify and worship you ... [The Lord's Prayer]*

**Friday** – Give someone the gift of patience an time as you listen to their long version

**Sat/Sun** – Missed a day? Catch up this weekend!

## What is Lent?

Lent is the six-week period leading up to Easter, counting 40 days from Ash Wednesday through Holy Saturday, excluding Sundays. The first mention of a 40-day period of fasting in



preparation for Easter is found in the Canons of Nicaea (325 AD). It is thought that the tradition of the season of Lent may have grown from the early church practice of baptismal candidates undergoing a 40-day period of fasting in preparation for their baptism at Easter. Eventually, the season evolved into a period of

spiritual devotion and self-denial for the whole church. Lent is not about us. Lent is about Jesus. May our eyes be fixed on him, as we are invited in this holy time of year to make our minds and hearts ready for remembering Jesus' life, death and glorious resurrection.

## Christian Lenten Practice

The Church universal calls on Christian believers everywhere to observe a Holy Lent. As church leaders, it is our role to propose some specific suggestions for the faithful to consider as their personal observance of this sacred time of self-sacrifice. The traditional practices of Lent are: prayer, fasting and giving in charitable ways (not just with money, but time and kind acts).

**You can find some suggestions in these traditional Lenten practices on the other side of this insert.**