

A SEASON OF SURRENDER

# LENTEN RESOURCES

During Lent, we encourage you to fast from or “take off” (smart phones, entertainment, chocolate, etc.) and also “put on” (serving, reading, praying, etc.) in order to sense the Lord’s calling more keenly and mimic his humility more closely.

*Take off your former way of life, the old self that is corrupted by deceitful desires, to be renewed in the spirit of your minds, and put on the new self, the one created according to God’s likeness in righteousness and purity of the truth...*

## **Take Off/Put On (Some suggestions for your next 40 days)**

- Forego Starbucks or eating out and collect the money in a “Lenten Jar” to give away after Easter.
- Clear out your closet and donate the clothes to the Salvation Army.
- Stop watching/reading the news and read something from the resource list instead.
- Take a prayer walk around your neighborhood and pray for the needs of your community.
- Stop eating chocolate and bring a box of Malley’s to your officemates.
- Resolve to attend Sunday worship every Sunday of Lent.
- Write a note (or use social media) to thank first responders (police, fire, EMS) for the work they do.
- Look for ways to volunteer one hour of your time to benefit someone else.
- Balance your “screen time” with your “heart time” during Lent (e.g., prayer, service, worship, etc.).
- Write three thank you notes (preferably paper ones, sent through snail mail) each week of Lent.
- Visit an elderly neighbor or a senior from Trinity—take some cookies and have a cup of coffee and a nice chat.

## **Books**

Bonhoeffer, Dietrich. *Meditations on the Cross.*

Guthrie, Nancy. *Jesus, Keep Me Near the Cross:  
Experiencing the Passion and Power of Easter.*

McKnight, Scot. *Fasting.*

Miller, Calvin. *The Christ of Easter.*