



PRAYER

GIFT

29 MARCH

36

30 MARCH

37

31 MARCH

38

1 APRIL

39

2 APRIL

40

NOTES



leeds vineyard

## LENT JOURNAL 2023

EXODUS

READING THROUGH EXODUS TOGETHER

# You are invited to join us in observing the 40 days of Lent this year

Ash Wednesday 22 February - Palm Sunday 2 April

**Lent** is how many people commemorate Jesus’ 40 days fasting in the desert before He began His public ministry of preaching the Kingdom with power and bringing glory to God as He did so.

It is a period of repentance and restraint before the great celebration of Easter. The Greek Orthodox church calls it the **“bright sadness”**.



## There are 5 ways you can join in with observing Lent this year

- 1. Read a chapter of the book of Exodus every day
- 2. Sit in silence for 5 minutes
- 3. Pray for someone or something
- 4. Give something away each day
- 5. Simplify your life and give up one luxury for the 40 days

## Some ideas to simplify your life

- Cut out chocolate
- Cut out meat
- Cut out alcohol
- Don’t eat out or order in
- Drink just water (hot or cold)
- Wear plain clothes
- Cut out TV
- Cut out social media
- Turn your phone off 10pm - 9am
- Walk/cycle everywhere that is less than a mile away
- Don’t buy anything new



Reading a chapter of Exodus will take around 5 minutes



Ideas to give away: a smile, money, a kind word, service, a gift, food to The Pantry, time

You can use this journal to tick off the chapters of Exodus and write your prayers and gifts each day



|          |  | PRAYER | GIFT |
|----------|---|--------|------|
| 22 MARCH | 29  |        |      |
| 23 MARCH | 30  |        |      |
| 24 MARCH | 31  |        |      |
| 25 MARCH | 32  |        |      |
| 26 MARCH | 33  |        |      |
| 27 MARCH | 34  |        |      |
| 28 MARCH | 35  |        |      |



PRAYER

GIFT

|          |    |  |  |
|----------|----|--|--|
| 15 MARCH | 22 |  |  |
| 16 MARCH | 23 |  |  |
| 17 MARCH | 24 |  |  |
| 18 MARCH | 25 |  |  |
| 19 MARCH | 26 |  |  |
| 20 MARCH | 27 |  |  |
| 21 MARCH | 28 |  |  |



PRAYER

GIFT

|             |   |  |  |
|-------------|---|--|--|
| 22 FEBRUARY | 1 |  |  |
| 23 FEBRUARY | 2 |  |  |
| 24 FEBRUARY | 3 |  |  |
| 25 FEBRUARY | 4 |  |  |
| 26 FEBRUARY | 5 |  |  |
| 27 FEBRUARY | 6 |  |  |
| 28 FEBRUARY | 7 |  |  |



PRAYER

GIFT

|         |    |  |  |
|---------|----|--|--|
| 1 MARCH | 8  |  |  |
| 2 MARCH | 9  |  |  |
| 3 MARCH | 10 |  |  |
| 4 MARCH | 11 |  |  |
| 5 MARCH | 12 |  |  |
| 6 MARCH | 13 |  |  |
| 7 MARCH | 14 |  |  |



PRAYER

GIFT

|          |    |  |  |
|----------|----|--|--|
| 8 MARCH  | 15 |  |  |
| 9 MARCH  | 16 |  |  |
| 10 MARCH | 17 |  |  |
| 11 MARCH | 18 |  |  |
| 12 MARCH | 19 |  |  |
| 13 MARCH | 20 |  |  |
| 14 MARCH | 21 |  |  |