		PRAYER	GIFT
29 MARCH	36		
30 MARCH	37		
31 MARCH	38		
1 APRIL	39		
2 APRIL	40		

NOTES

LENT JOURNAL 2023



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

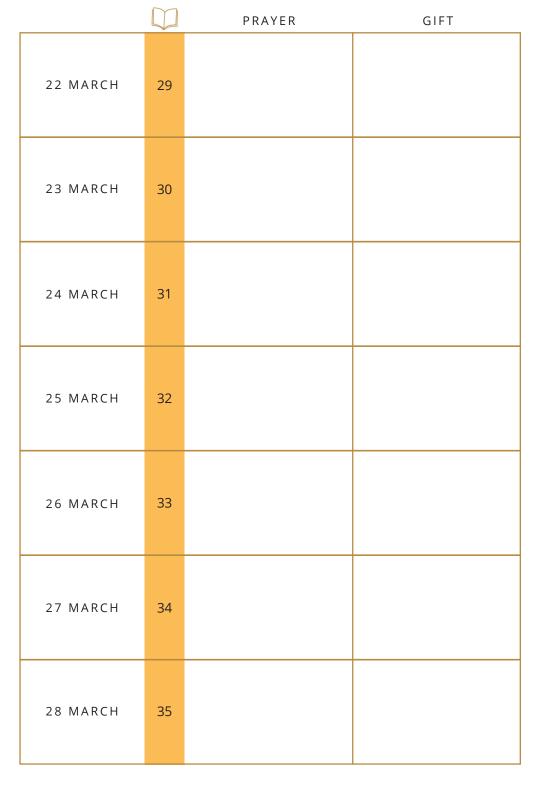
- Cut out TV
- · Cut out social media
- Turn your phone off 10pm 9am
- Walk/cycle everywhere that is less than a mile away
- Don't buy anything new



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			PRAYER	GIFT
15 MARCH	22			22 FEBRUARY	1		
16 MARCH	23			23 FEBRUARY	2		
17 MARCH	24			24 FEBRUARY	3		
18 MARCH	25			25 FEBRUARY	4		
19 MARCH	26			26 FEBRUARY	5		
20 MARCH	27			27 FEBRUARY	6		
21 MARCH	28			28 FEBRUARY	7		

		PRAYER	GIFT			PRAYER	GIFT
1 MARCH	8			8 MARCH	15		
2 MARCH	9			9 MARCH	16		
3 MARCH	10			10 MARCH	17		
4 MARCH	11			11 MARCH	18		
5 MARCH	12			12 MARCH	19		
6 MARCH	13			13 MARCH	20		
7 MARCH	14			14 MARCH	21		