

# The Faces of Sin/The Face of Our Savior

## Suggestions and Ideas for the 40-Day Spiritual Adventure

*Sunday, March 6 – Sunday, April 17, 2022*

The six-week period leading up to Easter has been for many Christians throughout the centuries a time to do some spiritual spring cleaning. Since the fifth century, the season of Lent has been associated with prayer, fasting, repentance, and almsgiving. It echoes the 40 days Jesus spent in the wilderness preparing for his earthly ministry. During our 40-Day Spiritual Adventure, you're invited to enter in a season of purposeful prayer, reflection, service, fasting, repentance, worship, reconciliation, and sharing with those in need. Below are a variety of suggestions and ideas from which to choose.

- **Fasting** can be practiced in a variety of ways: one day a week, one meal a week, exclude certain types of food, a multi-day fast, fasting from select forms of media (TV, video games, Netflix, Facebook, TikTok, Insta, etc.)
- **Praying** with greater focus and regularity, including heart-felt repentance for sins
- **Serving others**—some ideas include visiting a shut-in, inviting someone you don't know well at church to share a meal, providing a meal for someone in need, offering free babysitting to a young family, inviting a neighbor over for dinner, participating in our Thursday night tutoring program
- **Practicing generosity** toward someone in need
- **Seeking reconciliation** with someone you know is at odds with you
- **Bringing children to share** in church events such as the Palm Sunday processional (Sunday, April 10), the Good Friday Family Event (Friday, April 15), and making the Living Cross on Easter Sunday (Sunday, April 17)
- **Participating** in the Good Friday service (9pm, Friday, April 15)
- **Inviting a friend** to join you for the Easter Celebration Service (Sunday, April 17)
- **Memorize** our Bible memory verse