

03.02 - 04.16

Week of Ash Wednesday/

MAR 2-8

READ » Isaiah 58:1-12

MEDITATE » Psalm 103:8-14



Pray: Almighty and everlasting God, you hate nothing you have made and forgive the sins of all who are penitent: Create and make in us new and contrite hearts, that we, worthily lamenting our sins and acknowledging our wretchedness, may obtain of you, the God of all mercy, perfect remission and forgiveness; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, forever and ever. *Amen.*

Give Up: **Complaining**

When you complain you pollute your surrounds and your mindset with your negativity. Complaining is an easy habit to get into because complaining about problems is much easier than solving them. No one wants to hear someone go on and on complaining, it's tedious and unproductive. Resolve to be positive and proactive, and not complain.

Lent 2022 ~ at ~ SANCTUARY CHARLOTTE

THIS YEAR we want to provide an *opportunity* for you to take a *journey* with us as we march towards the cross. We are reminded during this season that Jesus willfully offered himself as a sacrifice for our sake, and we as Christians have the opportunity to replicate Jesus Christ's sacrifice and withdrawal into the desert for *40 days*. For 7 WEEKS we have provided a specific text for you to read and reflect on—a psalm for you to *meditate* on, a *prayer* that you can recite, and a suggestion of something that you can consider to *give-up* during that week. This year we will have a special Good Friday production that will tell the story of Christ being crucified and will CELEBRATE HIS RESURRECTION on *Resurrection Sunday*. We pray that God will speak clearly to you and reveal things that you've longed to see during this season.

Week 1 / MAR 9-15

READ » Jonah 3:1-10

MEDITATE » Psalm 51:11-18



Pray: Bless us, O God, in this holy season, in which our hearts seek your help and healing; and so purify us by your discipline that we may grow in grace and in the knowledge of our Lord and Savior Jesus Christ; who lives and reigns with you and the Holy Spirit, one God, forever and ever. *Amen.*

Give Up: **Screen Time**

Watching too much television or spending too much time on social media can create distraction. Unplug, put phone down and step away from screens for your own mental and physical health for the next 40 days.

Week 2 / MAR 16-22

READ » Matthew 20:17-28

MEDITATE » Psalm 31:9-16



Pray: O God, you so loved the world that you gave your only-begotten Son to reconcile earth with heaven: Grant that we, loving you above all things, may love our friends in you, and our enemies for your sake; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, forever and ever. *Amen.*

Give Up: **Negative Self-Talk**

You are the person you spend the most time with, so make sure you treat yourself well. Many people are kinder to their loved ones than they are to themselves and that is untenable. Life is hard enough- stop beating yourself up and start cheering yourself on!

Week 3 / MAR 23-29

READ » Deuteronomy 4:1-2, 5-9

MEDITATE » Psalm 78:1-6



Pray: Give ear to our prayers, O Lord, and direct the way of your servants in safety under your protection, that, amid all the changes of our earthly pilgrimage, we may be guarded by your mighty aid; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, forever and ever. *Amen.*

Give Up: **Sugar**

Sugar, or some form of it, is one of the most popular things to give up during Lent. Even if you are not big on sweets, start looking at your nutrition labels to see how much sugar is in your deli meat, yogurt, etc. Sugar is often in products you would never suspect. Too much sugar can lead to a slew of physical and mental health problems, so if you are attempting to cut down on sugar, try eliminating it for 40 days to kickstart a new habit.

Week 4 / MAR 30- APR 5

READ » John 5:19-29

MEDITATE » Psalm 145:8-19



Pray: O Lord our God, you sustained your ancient people in the wilderness with bread from heaven: Feed now your pilgrim flock with the food that endures to everlasting life; through Jesus Christ your Son our Lord, who lives and reigns with you and the Holy Spirit, one God, forever and ever. *Amen.*

Give Up: **Eating Out**

If you often forget to pack breakfast and lunch and need to save money, this is an excellent Lenten abstention. There are no cons to eating out less. Going out for meals is frivolous spending, and it is much healthier to cook for yourself at home. Make it a priority to pack your lunch and go to the grocery store so you are prepared to make dinner at home.

Week 5 / APR 6-12

READ » John 8:31-42

MEDITATE » Psalm 46:1-8



Pray: Almighty God our heavenly Father, renew in us the gifts of your mercy; increase our faith, strengthen our hope, enlighten our understanding, widen our charity, and make us ready to serve you; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, forever and ever. *Amen.*

Give up: **Sleep**

What if you were more responsible about when you went to bed and when you woke up? Is staying up past midnight and scrambling out of the door at the last minute the next morning making you the person you want to be? What if you covenanted to go to bed by 10 pm each night and set your alarm for 6 am every morning during Lent to spend time with Jesus before you left your house? That would definitely bring you closer to God.

Holy Week / APR 13-16

READ » John 12:1-11

MEDITATE » Psalm 36:5-11

Pray: Almighty God, whose most dear Son went not up to joy but first he suffered pain, and entered not into glory before he was crucified: Mercifully grant that we, walking in the way of the cross, may find it none other than the way of life and peace; through Jesus Christ your Son our Lord, who lives and reigns with you and the Holy Spirit, one God, forever and ever. *Amen.*

Give up: **Isolation**

Perhaps you're a homebody. Perhaps you're perfectly content behind your door, behind your technology, behind your pets. Perhaps what God is calling you to give up for Lent is isolation, the emotional barriers you put up that keep you from doing life in community. Perhaps your resolution for Lent is to get out of the house, be at church as often as possible, to join a small group and start doing life with other believers. Isolation could be an incredible thing to give up for Lent this year.

