

Lent

Across different Christian traditions Lent is a time for 'Reviewing your Day' - a time for 'Setting Aside' - a Daily Time for *specific* prayer. It could include giving up 'something' that you particularly enjoy. So do join us by trying one or both!



"Create in me a pure heart O God and renew a steadfast spirit within me" (Psalm 51:10)

Setting Aside

The "something" could be an activity like social media, watching TV, using a phone or tablet, or a favourite food or drink. It could be a one off, daily, or weekly event throughout Lent.

If you decide to miss a meal or two more regularly, ensure you fast safely, i.e. keep fasting periods short; eat small amounts on fast days; stay hydrated; don't break fasts with a feast; stop if you feel unwell; eat enough protein and whole foods on non-fasting days.

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Reviewing your Day

This is a great way to pray and look for God's Presence in your life each day, you could either.

Listen to, or read, Pete Greig's '**Lectio 365' App**

or

Spend 5 minutes or longer being silent and attentive to discover more of God in your life. Ask the Holy Spirit to guide your thoughts as you 'play back your day with God.'

Honesty: What has been good/not good about your day. Spend time with God now.

Gratitude: How have you walked closely with God today? Where were you 'in-tune' with God's Spirit? What or who helped that? What have you to be thankful for?

Dis-harmony: Were you 'out of harmony' with God's Spirit? What is God saying to you through these times/feelings? Is there anything you need to confess or ask God to heal and transform in you?

Grace: Thank God for His acceptance and love. Ask for His strength and help for the day ahead.

Grace, mercy and peace from God the Father and Christ Jesus our Lord. (1 Timothy 1:2)