My Lenten Offering: Ideas for Your Lenten Journey

We invite you to offer yourself to God in a fresh way this Lenten Season. Such an offering invites the Holy  
Spirit to work in new ways in and through our lives, revitalizing our spiritual lives and strengthening our relationships God and others. We encourage you to consider the questions below and commit to at least   
one of the suggested practices that follow or, better yet, one practice from each of the categories.

**5 Questions to Ask Yourself:**\*

1. What would I like my relationship with God to look like on Easter morning? How might it be different?
2. Is there a habit or sin in my life that repeatedly gets in the way of loving God with my whole heart or   
    loving my neighbor as myself? How will I address that issue over the next 40 days?
3. What are some things in my life that I tell myself I need but I don’t? Can I give one or two of them up   
    for 40 days?
4. Is there a spiritual discipline that I’ve wanted to try? (See our resources page on Salem’s website for ideas.)

How might I alter my daily routine to include one of these disciplines?

5.How do I want Lent 2023 to affect not only the next 40 days but also the next 40 years?

**4 Personal Devotional Practices to Try:**

1. Spend time in quiet and solitude each day, turn off and away from distractions, acknowledging God is   
    with you.
2. Use a daily devotional resource for prayer times in Lent. (Among the many: sacredspace.ie is a great

online resource and pray-as-you-go.org is a wonderful devotional app.)

1. Keep a daily journal of prayers, reflections on life, and/or thoughts arising in reading Scripture.
2. Keep a wonder and thanksgiving journal. Each morning, list three to five things that make you smile as   
    you look to the day ahead. Each evening, list three to five things that brought a sense of wonder, awe,   
    and/or joy to your heart.

**3 Ways to Partner with Others in the Journey:**

1. Commit to being present at worship services (online, if necessary) each week through Easter.
2. Participate in a weekly Christian Education class, Bible Study, or Small Group.
3. Partner with someone through Lent, encouraging each other in prayer, in following through on your   
    Lenten commitments, and sharing together your hopes, concerns, and thanks with God.

**2 Options for Opening Our Hearts to Our Neighbors:**

1. Choose a way to offer the love of Christ each week to people in your life: by writing thank you note or   
    word of encouragement, through a visit, meal, or treats, by making a phone call or…
2. Engage more fully in the ministry of our church or in service beyond. The pandemic has led to a general   
    drop in volunteerism and in deeper connections with others. Prayerfully commit to stepping up your

offering of time, talent, and treasure to extend the love of God to others.

**A Prayer for Ourselves and for Others Each Day:**

1. Choose a Psalm, a Scripture, or a prayer to pray each day throughout Lent. (Possibilities include  
    Psalm 46, 51, 66, or 139, Isaiah 58, Luke 6:17-39, the Prayer of St. Francis…)
2. Pray this daily: “May the grace of our Lord Jesus Christ, the love of God, and the powerful, loving   
    presence of the Holy Spirit be with me, and be revealed through me, today and forever. Amen.

\*Adapted from https://rachelheldevans.com/blog/40-ideas-for-lent-2014