

Supplemental Lenten Ideas: Spiritual Practices

- Write a letter of confession during a time of prayer. If you wish, share this with a trusted friend, reading it aloud.
- Try a social media fast this week.
- Memorize a verse this week that speaks to an area where you are hoping to grow.
- Commit your drive time this week to a Christian podcast, worship music, or prayerful silence.
- Commit to one or more prayer walks. Pray for neighbors, family and friends, yourself.
- Simplify this week. Some ideas: try to eat the same 7 foods all week or wear the same 7 pieces of clothing all week long. Schedule some time to do nothing and sit still with a hot beverage and look out the window.
- Buy/share a meal for someone in need this week.
- Try a different body posture in prayer this week. Lay prostrate on the floor, or try kneeling. Experiment.
- Commit to journaling your prayers this week.
- Set an amount of time this week that you'll commit to no media-no TV, no music, no podcasts, no social media. See what God brings in the silence.
- Choose a hymn or Scripture to meditate on/write out/listen to each day this week
- Experiment with breath prayer. Try 5-10 minutes a day this week. To center yourself, use a phrase like "Jesus" or "Lord Have Mercy" with your breathing.
- Commit to watch *The Chosen* series (Seasons 1-4 available on many streaming platforms) on Jesus' life and ministry. If possible, watch with others you can discuss it with.
- Memorize a chapter of Scripture or a book of the Bible
- Buy an old school alarm clock and charge your phone in the kitchen each night
- Delete social media for 40 days
- Use a 'dumb' phone for 40 days (instructions [here](#))
- Consider finding a spiritual director to meet with regularly.
- Write a letter of confession during a time of prayer. If you wish, share this with a trusted friend, reading it aloud.
- Do a prayer walk each day or selected days of the week. Pray for neighbors, for family and friends, for yourself.
- Whatever you do for exercise, choose a Christ-centered podcast or worship music as you do it, rather than other media. Or pray for people as you swim that lap, run that mile or press that weight.

- While exercising try to meet and introduce yourself to one new person each week, as an entry to other (hopefully longer) conversations in weeks to come that will lead to discussions on faith.
- Fast from food on a given day of the week, or a portion thereof, and use pangs of hunger as a trigger to pray.
- Fast once weekly from sunup to sundown
- Experiment with silence. Try 5 minutes a day for 40 days, or 10 minutes, 20 minutes. To center yourself, use a phrase like “Jesus” or “Lord Have Mercy” with your breathing.
- Explore spiritual art. Here are some book suggestions and art to consider:
 - *Behold the Beauty of the Lord: Praying with Icons* by Henri Nouwen. <https://a.co/d/hvw9VWM>
 - *The Art of Holy Week and Easter: Meditations on the Passion and Resurrection of Jesus* by Sister Wendy Beckett. <https://a.co/d/9JSYoey>
 - *The Return of the Prodigal Son* by Rembrandt
 - *Holy Trinity, Hospitality of Abraham*, by Andrei Rublev
- A day of silence
- Fast from ALL media for a set time each week. Nothing. Nada. No screen or earplugs for a set time. Hear what God might tell you then.

Supplemental Lenten Ideas: Podcasts

- *Lectio 365*. Daily meditation and prayer
- *Curiously Kaitlyn*. Deep theological insights from biblical scholars based on questions kids ask about God or the Bible
- *The BEMA Podcast*. Walk-through of the context of the Bible and the Text itself, as well as surrounding history.

Supplemental Lenten Ideas: Books

- *Celebration of Discipline* by Richard Foster. Foundation behind the spiritual disciplines
- *Long Days of Small Things* by Catherine McNiel. Motherhood as spiritual practice
- *Liturgy of the Ordinary* by Tsh Harrison Warren. Spiritual meaning and importance behind the "ordinary" things we do each day
- *Uncovering the Love of Jesus* by Asheritah Ciuciu. Lenten devotional-good for families to do together
- *Every Moment Holy* by Douglas McKelvey. Prayer book
- *Opening to God*, by David Benner. Spiritual Practices
- *Surrender to Love*, David Benner. Spiritual Formation
- *The Gift of Being Yourself*, David Benner. Spiritual Formation.
- *Desiring God's Will*, David Benner. Spiritual Formation.
- *How to Pray*, Pete Greig. Down-to-earth guide on prayer practices
- *God on Mute*, Pete Greig. Dealing with unanswered prayer.
- *How to Hear God*, Pete Greig. Clear presentation of the ways God speaks to us
- *The Undoing of Death*, Fleming Rutledge. Reflections on the Good Friday/Easter event
- *The Crucifixion*, by Fleming Rutledge. Dense but excellent overview of the meanings of the Cross
- *Surprised by Hope*, N.T. Wright. Overview of Jesus' resurrection and that of the Christian
- *The Day the Revolution Began*, N.T. Wright. Exploration of the meaning of Good Friday
- *The Practice of the Presence of God*, Brother Lawrence. Exploration of a life of prayer
- *Ruthless Elimination of Hurry*, John Mark Comer. Instruction on the damaging effects of urgency and how to address them
- *Garden City*, John Mark Comer. Exploration of issues about ones calling and purpose
- *Practicing the Way*, John Mark Comer. Exploration of spiritual practices and habits

