



INVITATION TO CULTIVATE THE FRUIT OF THE SPIRIT IN LENT

Lent is a 40 day period of preparation for Easter that Christians have celebrated for centuries. It has traditionally been a time for converts to prepare for baptism and for everyone to prepare to renew their baptismal vows and receive a fresh experience of the power of the resurrection.

Part of the tradition of Lent is the choice of some intentional practice to remove or add something that will open us to growing in Christ. This Lent consider choosing 1 or 2 of the practices from our Fruit of the Spirit sermon series. Remember, small actions done with great intention over time make a huge impact. It takes at least 21 days to create a habit.

CULTIVATING LOVE, JOY, & PEACE

- Practice GRATITUDE daily with a gratitude journal
- Get OUTSIDE in nature to walk, breathe, and absorb beauty at least once a week
 - Share in HEART TO HEART conversation with a friend each week
 - Read JESUS' LIFE in the Gospels and appreciate his joy and peace

CULTIVATING PATIENCE, KINDNESS & GOODNESS

- Practice SLOWING DOWN and being unhurried
 - ACCEPT discomfort in your life
- Ask YOURSELF at the end of the day: "Who extended kindness to me today? How did I find someone to be kind to today?"
- MEDITATE on the goodness of God by reading Genesis 1 or the gospels or a picture of Jesus

CULTIVATING FAITHFULNESS, GENTLENESS, & SELF-CONTROL

- Choose EACH DAY to be faithful where you are, with the people around you, and the things you've been given. Ask God to give you the strength to do this
 - MEMORIZE Psalm 37:3
 - Practice the PAUSE
 - Become more AWARE of your emotions
 - Practice the examen prayer; journal
 - PRACTICE fasting