



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		March 1	March 2	March 3	March 4	March 5
			Ash Wednesday			
March 6	March 7	March 8	March 9	March 10	March 11	March 12
March 13	March 14	March 15	March 16	March 17	March 18	March 19
March 20	March 21	March 22	March 23	March 24	March 25	March 26
March 27	March 28	March 29	March 30	March 31	April 1	April 2
April 3	April 4	April 5	April 6	April 7	April 8	April 9
April 10 Palm Sunday	April 11	April 12	April 13	April 14 Maundy Thursday	April 15 Good Friday	April 16 Holy Saturday
April 17 Easter Sunday						

Prayer – (P)

Giving (G)

Worship (W)

Spiritual Fellowship and Conversations (SFC)

Scripture (SC)

Service (SV)

Returning to the Lord – Lent 2022

“Celebrating our past and current spiritual practices”

Over the past two years of pandemic living, many of our spiritual practices that once connected us to God’s love either changed, stopped or many weren’t comfortable taking part in due to safety concerns. During that time, many people created new practices and traditions to stay connected with God (ex: digital worship instead of in-person).

However, we know that a life of faith is about way more than just one avenue of discipleship. It’s about living into the many and various ways Jesus calls us to follow him.

Our focus in this Lenten season is “Returning to the Lord.” Now that doesn’t only mean coming to worship at a church on the weekend. That’s a daily experience. The following are six important spiritual practices of Christian discipleship.

Prayer – intentional time connecting with God and sharing our thanks, praise, hopes & dreams.

Worship – time set aside for in person or online time with God with songs, Scripture, message, meal and prayer.

Scripture – diving into God’s Word through reading the Bible or devotionals.

Service – sharing your gifts, time and talents with the world to bless the kingdom.

Giving – sharing your financial blessings with those in need or ministries that work to share God’s love.

Spiritual Fellowship and Conversations – spending time in relationship and conversation with other people of faith to process life and support one another.

For this Lenten season, you are invited to “track” your practices. On the calendar on the other side of the paper or on your phone, make notes each day about which practices you lived into.

As you make those notes, notice any patterns that are occurring, certain times you feel most connected to God and maybe even which practices aren’t being done.

In the past, many people use Lent as a time to “give something up.” This year, you are invited to add something, make note of something, celebrate a new or old practice that helps you fully connect to God’s grace and love for you.

And together as we do this, we will “return to the Lord”