

Fasts & Disciplines For Lent 2021

1. **Traditionally, Christians abstained from eating meat during Lent, so consider joining millions of Christians around the world in this fast.** It's a great way to connect with the historical, worldwide church and to become more mindful about the food you eat.
2. **For families with children:** eating fish sticks on Fridays, making paper chains to count the days to Easter with special colors to signify Sundays, Good Friday, and Easter, and keeping a gratitude jar of simple things that adults and children in your family are thankful for.
3. **Make a donation** of non-perishable foods, snacks, household cleaning products to Loaves and Fishes Food Pantry.
4. **Go on a mini-pilgrimage.** Set aside a day during Lent to visit a place that helps you be close to God or that you do not get to visit as often as you might like.
5. **Get creative with what you "give up."** Things you might want to consider "giving up": social media, cynicism (replace with wonder, compassion, and hope), perfectionism, legalism, TV, sugar, reading authors and bloggers who tend to look and think like you, comparison, etc.
6. **Read the Gospel of Matthew and the Psalms** In the Tab Times and on the Church Web site there is a reading plan for the 40 days of Lent to read through the Gospel of Matthew and a dozen Psalms along with a prayer.
7. **Join the Group reading and discussing:** 'Words of Life' Jesus and the Promise of the Ten Commandments for Today by Adam Hamilton. This journey begins on February 21 and will run into May with a break for Holy Week. The groups will meet in person in Fellowship Hall on Sundays at 6 p.m. and on Zoom Mondays at 7 p.m. The book is available in hardcover, Kindle, and Audible editions on Amazon. Send a note to Pastor Mike at mrevmjm@aol.com to let him know you are joining.

2021 Lenten Journey in Scripture

February 17: Ash Wednesday Worship – 7:30 p.m. in person and on Facebook

February 18: Matthew 1

February 19: Matthew 2

February 20: Psalm 148

February 21: A day of worship and rest.

February 22: Matthew 3

February 23: Matthew 4

February 24: Matthew 5

February 25: Matthew 6

February 26: Matthew 7

February 27: Psalm 146

February 28: A day of worship and rest.

March 1: Psalm 131

March 2: Matthew 8

March 3: Matthew 9

March 4: Matthew 10

March 5: Matthew 11

March 6: Psalm 130

March 7: A day of worship and rest

March 8: Psalm 126

March 9: Matthew 12

March 10: Matthew 13

March 11: Matthew 14

March 12: Matthew 15

March 13: Psalm 121

March 14: A day of worship and rest

March 15: Matthew 16

March 16: Matthew 17

March 17: Matthew 18

March 18: Matthew 19

March 19: Matthew 20

March 20: Psalm 116

March 21: A day of worship and rest

March 22: Psalm 103

March 23: Matthew 21

March 24: Matthew 22

March 25: Matthew 23

March 26: Matthew 24

March 27: Psalm 100

March 28: A day of worship and rest on Palm Sunday

March 29: Matthew 25

March 30: Matthew 26

March 31: Matthew 27

April 1: Matthew 28 & Maundy Thursday Service @ 7:30 in person and on line.

April 2: Psalm 22 & Good Friday Service @ 7:30 in person and on line.

April 3: A day of waiting, quiet, and reflection.

April 4: EASTER SUNDAY

Almighty and most merciful God, kindle within me the fire of love, that by its cleansing flame my sins may be purged and I may be set free to worship you in spirit and in truth; in the name of Jesus my Savior and Lord. Amen.