

Ideas To “Practice” Spiritual Habits During Lent

Lent is a time of reflection. It is also a time many individuals seek ways to deepen their spiritual relationships. Here are some creative ways individuals and churches can engage members and potential visitors during Lent.

- 1. Lent In Pictures:** For each day or week of Lent, share a visual meditation via email, text, or social media. Use your own pictures or find one on the internet that goes along with whatever daily devotional you are using. Post the pic along with a sentence or two about how God is speaking to you in that picture. You will be amazed at what conversations might get started!
- 2. Join our Youversion Bible App Lenten Study: [“Alive”](#)** – Read the devotion each day and respond in the comments section as you feel led. Follow along with what others are saying.
- 3. Online Fast:** Unplug from cell phones, email and social media for a day, a week, or other designated time you feel called to “Give Up”. Use the time to read or pray during your “fast.”
- 4. Stories of Faith:** What is your favorite Scripture and why? Ask others if they would be willing to share their answer to this question with you. Write them out, or create simple one- or two-minute videos using a digital camera or smartphone. You can expand the scope of the videos to allow people to tell a significant story in the life of their faith. Post the videos in the mail, via email, or online.
- 5. Text Prayers:** When someone comes to your mind, lift them up in prayer. Take it a step further and send them a text letting them know that you just prayed for them. This is one of the simplest ways to “Practice” the spiritual habit of prayer.
- 6. Gracious Giving:** Serving face to face in our Covid reality is not so simple. However, we can still practice the spiritual habits of Serving AND Sharing by financially supporting a ministry or cause that the Spirit brings to your heart. Give once, give multiple times, invite your friends and family to give. We are in this together. The idea of giving graciously and generously is a core tenet of our faith. The idea is showing grace in such a generous fashion it is hard for people not to share it.