

30) Or start with this wonderful devotional that weaves together prayer, scripture, and literature: *Between Midnight and Dawn: A Literary Guide to Prayer for Lent, Holy Week, and Eastertide*, Sarah Arthur.

31) Keep part of your day silent. Consider keeping your car quiet for your commute or leaving your earplugs at home when you exercise.

32) Make a Lenten playlist with songs about repentance and returning to the Lord. Or listen to Restoration's Lenten playlist.

31) Keep a prayer journal.—a diary of your prayer life

32) Pray for one person a day for forty days

33) Spend Lent reading C.S. Lewis' *Preparing for Easter*.

34) Read the Gospels in 40 days with a Bible reading plan from Bible Gateway.

35) Choose movies about a Lenten journey like *The Way, Wild*, or *The Hobbit*.

36) Give up one type of single use plastic each week.

37) Make a realistic Rule of Life that suits your own pattern of living

38) Do without meat on Fridays. vegetariantimes.com

39) Be intentional about your use of technology. *The Tech-Wise Family: Everyday Steps for Putting Technology in Its Proper Place*, Andy Crouch

40) Feast on Sundays! The six Sundays in Lent are not part of the fast. Honour God by feasting and celebrating on Sunday.



Lent 2020

40 ideas For Keeping a Holy Lent

*However you keep it,
may your Lent be Blessed and Holy*

- 1) Find out what Lent is and what it is not. *The Good of Giving Up: Discovering the Freedom of Lent*, Aaron Damiani
- 2) Pray the Daily Office each day You can read or listen along with other Anglicans. thetrinitymission.org
- 3) Make intentional space for your family times
- 4) Commit to try a new spiritual discipline. *Sacred Rhythms: Arranging Our Lives for Spiritual Transformation*, Ruth Haley Barton
- 5) Look for God in the ordinary things you do each day. *Liturgy of the Ordinary: Sacred Practices in Everyday Life*, Tish Harrison Warren
- 6) Set an alarm on your phone and pray the 'Our Father' each day at that time.
- 7) Visit St Giles church N Oxford and see an exhibition of art inspired by the cross and created in the last 50 years. artists Nick Mynheer, Roger Wagner, Robert Wright, Romola Parish and Eularia Clarke. . (3rd March to 14th April
- 8) Start each day with a walk or some type of exercise
- 9) Change your mode of transportation.
- 10) Plant an Easter Garden or plant bulbs that will bloom during Easter.
- 11) Fast from food on Ash Wednesday /Good Friday.
- 12) Make a Personal Discipleship Plan for your spiritual life by talking with the clergy.
www.oxford.anglican.org/personal-discipleship-plan
- 13) Drape a cross in your home with purple fabric or remove a piece of art your regularly enjoy until Easter.
- 14) sign up for a Lent app or daily email on your phone / computer: live lent; Cafod; Claire Haynes daily blog on OT women; Jesuits 'Journey to Freedom'.

- 15) Print a calendar for Lent so that you can count down to Easter with your children.
- 16) Make a hamper for the food bank by adding one item each day
- 17) Read the Gospel of John and create ornaments for a Jesus Tree, like an Advent Jesse Tree.
- 18) Limit your wardrobe to what you can fit in one suitcase as a reminder to pray for refugees and other displaced people.
- 19) Explore the meaning of Lent with your children with this lovely book: *Make Room: A Child's Guide to Lent and Easter*, Laura Alary.
- 20) Raise money for clean water by drinking only water during Lent. charitywater.org
- 21) Give away one item in your home that would bless someone else each day during Lent.
- 22) Give up or limit your use of social media
- 23) Pray for and write letters to friends and family.
- 24) Make a 'grumble / complaints jar' - £1 for each time you complain!
- 25) Practice a daily Ignatian Examen to guide you through self-examination. You could use this app: Reimagining the Examen
- 26) Let the wise saints who have gone before us guide you through Lent with this devotional book: *Bread and Wine: Readings for Lent and Easter*.
- 27) Make pretzels in the shape of arms folded in prayer. kingarthurfLOUR.com
- 28) Take seriously the call to forgive others as we have been forgiven. Who do you need to forgive ?
- 29) Read a novel or poetry during Lent with themes about death, repentance, and renewal. (Flannery O' Connor, Fyodor Dostoyevsky, or Scott Cairns.)