

# 4 Ways to Observe Lent

Lent is a season of focus and preparation. It aligns our hearts with God's heart as we approach Easter.

The following are just a few ways to focus and prepare.



## Give It Up

Consider giving up something that distracts from your important relationships: like too much time on Twitter or Clash of Clans.

Maybe cut out screen usage for several hours a day.

Take a day of true rest: let go of toil for 24 hours.



## Plug In

Consider adding in something that helps you connect to God.

Read a book of the Bible, a devotional, or practice Lectio Divina on a daily basis.



## Serve

Start a new routine of service.

Volunteer regularly as an academic mentor, step up to volunteer in a local church, or visit a nursing home.



## Share It

Make it a communal event.

Share your Lent practices with others via a small group and/or attending worship.