**Develop a Discipline of Fasting**

**(My Lenten Sacrifice)**

**LENT**

* 40 days between Ash Wednesday and Easter.
* Time to think about our sinful self and to repent from our sins.
* Time to walk with Jesus, leading up to the cross and the resurrection.
* Time to remember what Jesus has done for us and how much He loves us.
* Time for sacrifice!

**Give it up! MAKE A SACRIFICE**

Chocolate or sweets

Chips or unhealthy food

Pizza

Pop

Social Media

Cell phone time

u-tube

i-pod

gaming

***What is important to me or something I want to change?*** (It should be important to you. Challenging, but not overwhelming.)

*My Lenten Sacrifice could be: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

*\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

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**Trade it\*! DO LESS TO DO MORE**

 **FAITH OR SERVICE**

***What preoccupies my time? What do I spend a lot of time doing that might keep me from growing in my faith or helping other?***

*I could spend less time during Lent on: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

Do more, for example:

* Read my bible.
* Pray (thankful list, photos in Visionary Notebook).
* Do Devotions (SOAP).
* Memorize the books of the bible.
* Memorize scripture.
* Sing a worship song.
* Spend time with a sibling or other family member.
* Help around the house (fold clothes, sweep floor, load and empty the dishwasher, feed the animals, etc.).
* Post notes around the house (encouragement or thanks).
* Give money to a worthy cause (spend less on specialty drinks and give more to a cause).

*I could spend more time during Lent on: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

\*Some examples of trading it:

* Give up 20 minutes of social media every day and (trade it) by using that time to read my Bible.
* Give up 10 minutes of video games and (trade it) by praying before I go to bed at night.
* Give up 10 minutes of music (and trade it) by loading the dishwasher every day.
* Turn off my cell phone for 15 minutes and (trade it) by adding to my thankful list and reading my bible.

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**Add something! (daily or weekly) TO WITNESS,**

 **SHOW GOD’S LOVE**

**Add (for example):**

* Bake cookies and give them away.
* Organize a closet and put items in the Salvation Army bin.
* Play your instrument at a special care facility for the elderly.
* Make an Easter Banner for church.
* Learn to crochet or knit for the prayer shawl ministry.
* Write an affirmation note to someone telling them how you see God in him/her and thanking him/her for being in your faith web.
* Write a bible verse and post it in your locker for you and your friends to see.
* Watch the news and pray for the people involved.
* Start recycling.
* Journal and listen to God.
* Play a game with your family.
* Say only positive, affirming things all day long.
* Add to your thankful list every day.
* Pray for you parents.
* Pray for your future spouse.
* Smile and say hi to the student at school who needs encouragement.
* Deliver beds with the bed brigade.

***Ask yourself, how can I live out my faith so others know His love?***

*I could spend more time during Lent: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

**Things that will help you keep your Lenten Vow:**

* Write it down.
* Tell someone.
* Do the Lenten vow thing with others.
* Be at worship.
* Pray about it. Ask the Holy Spirit to help you.
* Ask someone to pray for you.
* If you forget or mess up, talk to Jesus. And start again!
* Remember Jesus’ sacrifice.
* Look forward to Easter.

**Right now I’m leaning more towards (circle):**

Giving something up Trading it Adding something

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