



Lenten Challenge

1st challenge:

Turn off all music. Enjoy the stillness of silence and ask God to help you listen to Him.

Who doesn't love to groove to their favorite playlist in the car, the shower, around the house, or while working? Most of us listen to music most of the day. And while music can be so good for our soul, it can sometimes prevent us from quieting our minds and listening to what God wants to say to us.

2nd challenge:

Abstain from second helpings, snacks in between meals, and food after dinner.

Why do we give up certain types of food for Lent? What good does that do? Giving up a sensual pleasure (food) helps ensure that our lives do not become overly comfortable and without suffering. Fasting from pleasures of this life help us to realize that this is not what we are made for - we are made for a higher good, to serve Christ in this life and be with him in paradise!

3rd challenge:

Pray quietly for 30 minutes.

Why do we focus on prayer? Scripture says to "Be joyful in hope, patient in affliction, faithful in prayer." (Romans 12:12) There are many scripture passages that stress the importance of prayer. Prayer is the building block to our relationship with Christ. How can we say we know him if we don't spend time with him?

4th challenge:

Open up your Bible and read a chapter or two as a family or with a friend.

Whether you live with your spouse, children, parents, or a roommate, this challenge can include everyone in your home! If you live alone, ask a friend if they'd like to get together to read a chapter of the Bible with you. "For where two or three are gathered together in my name, there am I in the midst of them." - Matthew 18:20

5th challenge:

Don't talk bad about anyone behind their back.

Gossip can tear down relationships and truly wreck your heart (not to mention the person who's being talked about!) Focus on building others up today, especially in conversations with your family, coworkers, and friends. Even if it may not feel like gossiping, saying something as simple as "I'm not sure what so-and-so was thinking when they did xyz..." innocently to someone else can be hurtful.