



# Lenten Menu, 2023

Lent is the season of 40 days that take us from Ash Wednesday to Easter Sunday. It is a time to hold both your mortality and your belovedness.. Traditionally, there are 3 practices during Lent that focus our lives: prayer, fasting, and almsgiving. Use this "menu" to help you choose the practices that will shape your Lent this year.

*Take a look at this menu with your family and friends. Choose practices that you can do together, or commit to holding each other accountable to your personal practices. Keep a journal and share with others what you're experiencing.*

## Prayer

- Visio Divina – a weekly email from the church with images to gaze at to guide your prayer.
- Lectio Divina – a weekly online gathering on Wednesday at 8am to pray over a scripture passage
- NDPC Prayer Group – meets online the 1st and 3rd Wednesdays at noon to pray over NDPC's prayer list
- Personal Daily Prayer – take time every day to pray; pray as you walk; write prayers in a journal; you may also explore apps like "Pray-As-You-Go," or "Daily Prayer" from the Anglican Church.

## Fasting

Note: fasting can be a significant health risk. Please take care of your body and be aware of your body's limits as you fast.

- Leave out one meal a day. It's not a diet; do this to feel the hunger. Consider donating the cost of that meal to hunger-fighting organizations.
- Reduce your meat or sugar consumption. Feel the tension between what you "want" and what you know to be good for you and for the earth.
- An alternative: go on a "tech fast." Put your device down.

## Almsgiving

- Contribute food and pantry items to the FreeFridge at NDPC
- Support DEAM's food pantry
- Prepare a meal for Hagar's House
- Advocate with Presbyterians for a Better Georgia or NDPC's Affordable Housing Working Group
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*Please see your NDPC pastors and staff if you have any questions about this Lenten Menu. We'd love to help you find a practice.*