



PRAY + FAST + GIVE

ASH WEDNESDAY

Prayer:

In these 40 days of Lent, you will be receiving 16 different forms of prayer to try. But, as we start off, start small. For the next few days, simply pray Jesus' description of prayer, commonly called The Lord's Prayer. Pray it when wake up, when you go to bed, and before meals. Instead of reaching for your cell phone or turning on the TV or radio when you have a spare moment, take the time to pray those 60 some words first.

Fasting:

There are all kinds of things people "give up" for Lent. There is the tradition of meatless Fridays, giving up chocolate or coffee. Some Lutherans, because we worry about works righteousness, give up silly things like whale blubber or avocado seeds, to point out giving that giving things up don't make us right in the eyes of God, God does that without anything we might do.

I would suggest that you spend some time think about what is separates you from God or neighbor these days. When you've come up with it, seek to fast from that thing or things. For example, if you have road rage issues, be intentional about thinking the best of other drivers for 40 days, or if reading the editorial page, or a particular website, makes you want to burn people who disagree with you at the stake, maybe give them a rest for the season of Lent.

Alms:

Look around you, who is in need? Take some time to consider what organizations are doing good work locally, nationally or even internationally. Could you gather up, even a little bit, during these 40 days in order to give them something as a way to recognize the face of God in a stranger's eyes.