

An abstract circular artwork featuring a dark silhouette of a hand reaching upwards. The background is a vibrant, textured mix of red, orange, yellow, and green, with some darker, more muted tones in the lower left. The overall effect is one of spiritual or emotional ascent.

THE SEASON OF LENT



40 DAYS OF LENT

What is the season of Lent?

Lent is the 40 days (not including Sundays) from Ash Wednesday to the Saturday before Easter. Lent is often described as a time of preparation and an opportunity to go deeper with God. This means that we can use it for personal reflection to prepare our hearts and minds for Easter.

This calendar is meant to give you some ideas for how to be intentional about your time of Lent. Each week there will be a specific focus, with daily inspiration for how to practice it.

You'll notice that the weeks on this calendar start on Wednesday, this is because Lent starts on Ash Wednesday (Feb 14). Every week, you can choose to write down a reflection for your week - this could be a question, a verse, a thought, etc. that you'd like to keep on your mind. There is also space to write down three prayers for your week.

Every Wednesday is designated as a church-wide fasting day. You can choose to do a traditional fast and not eat, or you can give up something else during this time. We will observe the Biblical fast of sunrise to sunset.

THE SEASON OF
LENT

LENT

week 1

focus: contemplation

February 14	February 15	February 16	February 17	February 18	February 19
<p>Observe Ash Wednesday</p> <p>RCC will be open from 12-1pm and 4:30-6:30pm for a time of reflection and receiving ashes.</p> <p>Fasting day (sunrise to sunset)</p>	<p>Practice listening prayer.</p> <p>Invite God to speak to you in prayer and listen to what the Holy Spirit reveals</p>	<p>Spend some time considering and then write down something you would like to understand more about God, or a question you would like Him to answer during this time of Lent. Write it down so you can come back to it at the end of Lent.</p>	<p>Go for a prayer walk in your neighborhood. If you feel specifically drawn to a person or place, try asking God how He'd like you to pray for them.</p>	<p>SUNDAY</p> <p>Week 3 of our series about God's Heart for Women and Men</p>	<p>Read, meditate, and pray using Lectio Divina</p> <p>Turn to the last page if you need an example or guide.</p>
					February 20
					<p>Avoid social media for the whole day and instead, designate a time of silence, connecting with God.</p>
<p>Reflection</p>			<p>3 prayers</p> <p>○ _____</p> <p>○ _____</p> <p>○ _____</p>		

LENT

week 2

focus: service

February 21	February 22	February 23	February 24	February 25	February 26
<p>Choose at least three things in your house to donate or give to someone you know could use it.</p> <p>Fasting day (sunrise to sunset)</p>	<p>Pray for one of the missionaries from RCC, then send them a message to let them know you're praying for them.</p> <p>You can find a full list of all the missionaries and how to contact them on our website:</p> <p>readingcitychurch.com/missions</p>	<p>As you run errands, go to work, drive around, etc. notice the people around you. Ask God to show you someone who might need something, and then be willing to give it.</p>	<p>Walk around your neighborhood and look for ways to show some love to the area: pick up trash, help your neighbors with a project, etc.</p>	<p>SUNDAY</p> <p>Week 4 of our series about God's Heart for Women and Men</p>	<p>Ask someone in your life how you can best serve them today.</p>
					February 27
					<p>Do something to support a local nonprofit that you care about - give your time, money, or ask what they need the most.</p>
<p><i>Reflection</i></p>			<p><i>3 prayers</i></p> <p>○ _____</p> <p>○ _____</p> <p>○ _____</p>		

LENT

week 3

focus: prayer

February 28	February 29	March 1	March 2	March 3	March 4
<p>Set some intentions for your week: your screen time, work, family time, daily devotional goal. Whatever it is, pray about how to approach it and write it down.</p> <p>Fasting day (sunrise to sunset)</p>	<p>Go to readingcitychurch.com, click the green plus sign, select "I have a prayer request," and share a way we can pray with you. If you feel comfortable, share it on the prayer wall so others can see it.</p>	<p>Recite the Lord's prayer multiple times today: when you wake up, before each meal, as you're cleaning up, and before you go to bed.</p>	<p>Go to readingcitychurch.com, click the green plus sign and the prayer request button. This time, select the prayer wall option so you can see the requests of others. Spend some time praying through them.</p>	<p>SUNDAY</p> <p>Beginning of our new series: Supernatural</p>	<p>Pick someone at random in your phone and text them to ask how you can pray for them today.</p>
					March 5
					<p>Pray for the pastors and the elder team today.</p>
<p>Reflection</p>			<p>3 prayers</p> <p>○ _____</p> <p>○ _____</p> <p>○ _____</p>		

LENT

week 4

focus: worship

March 6	March 7	March 8	March 9	March 10	March 11
Commit a whole week to only listen to worship music or music without words. Fasting day (sunrise to sunset)	Spend some time outside just watching nature. Let God show Himself through the wonders around you.	Pray through a memory that is uncomfortable or painful. Ask God to show you where He was at that moment. Find a way to thank Him.	Write your own psalm: praise, lament, admiration, whatever it is that your heart needs.	SUNDAY Week 2 of Supernatural	Recite Psalm 8 multiple times today. Turn it into a prayer of praise.
					March 12
					Go to RCC's Facebook or Instagram post and comment something that you want to thank God for today.
Reflection			3 prayers		
			<input type="radio"/> _____ <input type="radio"/> _____ <input type="radio"/> _____		

LENT

week 5

focus: gratitude

March 13	March 14	March 15	March 16	March 17	March 18
<div>Set a timer for 5 minutes and write down things that you are grateful for, as many as possible before the time is up.</div> <div>Fasting day (sunrise to sunset)</div>	<div>Write a letter to someone who means a lot to you. Thank them for role they've played in your life. Consider delivering it to them.</div>	<div>This evening, practice the Prayer of Examen. If you're not sure how to do this, turn to the last page for a guide.</div>	<div>Recite Psalm 136 three times today: morning, afternoon, and evening. Pause as you need to and reflect on any parts that stand out.</div>	<div>SUNDAY</div> <div>Week 3 of Supernatural</div>	<div>Avoid social media again today. Instead, take pictures of things that you want to remember or are thankful for today.</div>
					March 19
					<div>Set the 5 minute timer again and make another gratitude list. Do you notice any new things that come to mind at the end of this week?</div>
<div>Reflection</div>			<div>3 prayers</div> <div><div><div></div></div><div><div></div></div><div><div></div></div></div>		

LENT

week 6

focus: prayer

March 20	March 21	March 22	March 23	March 24	March 25
<div>Spend some time praying for your family today: family members you see often and those you've lost touch with.</div> <div>Fasting day (sunrise to sunset)</div>	<div>Pray for your Reading City Church family. If you're not sure of what to pray, go to our social accounts or the online prayer wall to see specific needs.</div>	<div>Pray for someone that you are currently at odds with: maybe they hurt you, disrespected you, rejected you, etc.</div>	<div>Pray for the leadership, staff, and ministry teams of RCC. Go through the website to put faces with names.</div>	<div>PALM SUNDAY</div> <div>Week 4 of Supernatural</div>	<div>Pray for opportunities for healing to come to RCC: physical, emotional, and spiritual. This could be for those who attend or are connected in other ways.</div>
					March 26
					<div>Say a prayer of repentance in preparation for Holy Week. Ask God to help you understand His forgiveness and love in the midst of your mistakes.</div>
Reflection			3 prayers		
			<div><div></div><div></div><div></div></div>		

LENT

holy week

focus: honoring

March 27	March 28	March 29	March 30	March 31
<p>Pray for those who may visit church for the first time this weekend and for those who will be baptized on Sunday.</p> <p>Fasting day (sunrise to sunset)</p>	<p>Maundy Thursday</p> <p>Gather with someone else and practice communion or even host a Passover meal.</p>	<p>Good Friday</p> <p>Attend the Good Friday service if you are able, if not, devote a time of solemn remembrance of Jesus' death.</p>	<p>Holy Saturday</p> <p>Honor the silence of the day by avoiding electronics as much as possible. Spend time reflecting on the crucifixion and the silence of a world without Jesus.</p>	<p>EASTER SUNDAY</p> <p>Celebrate baptism, new life, and the resurrection together!</p>
<p><i>Reflection</i></p>			<p><i>3 prayers</i></p> <p>○ _____</p> <p>○ _____</p> <p>○ _____</p>	

SPIRITUAL PRACTICES

Lectio Divina

Lectio divina is a slow, rhythmic reading and praying of a Scripture passage. To begin, select a passage of scripture and take a few minutes to relax and quiet your mind. We suggest using the scripture that was preached the previous Sunday.

Ask God to guide your prayer time. Slowly and thoughtfully, read through the passage. Pretend that you are in the story. What do you see and feel? What are you experiencing? Take some time to pause and reflect on the experience. You may want to write down your reflections.

Read the same passage a second time. Pay attention to the word or phrase that stands out to you. You may want to underline or circle it.

Read the text a third time, this time let the word or phrase that stood out become your invitation to dialogue with God. What is God saying to you in these words? What do you want to say to God?

Finish by reading one more time. As you do, turn that word or phrase into a prayer. Be still and rest.

S.O.A.P

S.O.A.P stands for Scripture, Observation, Application & Prayer. It is a simple and effective way to pray through scripture. You will need a notebook with pages to fill, a pen, and your Bible.

1. Pick a portion of scripture. For Lent, we suggest staying with the same scripture preached the previous Sunday for the week. Ask God to speak to your heart and open your eyes as you read. Allow yourself to center on one verse in the reading. Write the word "Scripture" on the left side of your page, and the one verse next to it.
2. Next, write "Observation" on the left, and read through the entire text again. Write down whatever details stand out to you as they relate to that one verse. Answer questions such as who, what, when, where, why, how, etc.
3. Underneath that, write "Application" to the left. Prayerfully read through your own words above, especially the one verse that was chosen, and ask God what relevance this has to your life and what your response should be.
4. Lastly, write the word "Prayer" and write out your prayer to God in reply.

Prayer of Examen

Start by pausing to breathe deeply and taking a moment to recognize God's presence throughout your day.

Review your day. Moving back through the hours of the day, think about whom you spent time with, where you went, feelings that you had (big or small), and even the small details like the food that you ate.

When were you most in harmony with God this day (in a conversation, an event, a realization, or an observation)? Allow yourself to feel the joy and satisfaction of those moments. Give thanks to God.

When were you not in harmony with His Spirit this past day? Be honest. Perhaps ask God for forgiveness or acknowledge if you need to make something right or repair a relationship.

Finish by looking forward to the next day. What would you like to do differently? What would you like to celebrate? Thank God for His presence in this day and every day. End your time with peaceful silence.