



Series Overview

(designed for Lent)

Habits and routines help us stay on track in many areas of our lives – whether it's our physical, mental, or emotional health. They can help us grow in our spiritual lives too. In this series, we will explore several spiritual disciplines, or faithful habits, that can help us deepen our relationship with God. Lent is the perfect time to commit or recommit to a spiritual discipline, as we enter a season of self-examination in preparation for Easter.

Ash Wednesday: Coming Soon

Week 1: Prayer | Scripture: Romans 8:26-27

As we learn a rhythm of prayer, we become connected to God in new and exciting ways. Prayer is the breath of Christian life.

Week 2: Scripture | Scripture: Psalm 1:1-3

Reading and meditating on Scripture lay the foundation for Christian life.

Week 3: Fasting | Scripture: Matthew 6:16-18

Fasting is meant to change our hearts and deepen our relationship with God, yet sometimes we turn it into a diet or show.

Week 4: Confession | Scripture: 1 John 1:5-9

Confessing our sins brings us out of the darkness of the world and into the light of living as a Christ follower.

Week 5: Worship | Scripture: 1 Corinthians 10:31-33

The spiritual discipline of worship is not (just) about showing up to church on Sunday! It is about weaving worship through our everyday lives in different ways.

Palm/Passion Sunday: Silence | Scripture: Mark 14: 26-41

When we practice being silent, we can deepen our connection with God.



Maundy Thursday: Coming Soon

Good Friday: Coming Soon

Easter Sunday: Gratitude | Scripture: Luke 24:1-12; 52-53

Christ is risen! God's grace calls us to lives of gratitude.