

Fasts & Disciplines For Lent 2021

(shared by Butler UMC)

1. Traditionally, Christians abstained from eating meat during Lent, so consider joining millions of Christians around the world in this fast. It's a great way to connect with the historical, worldwide church and to become more mindful about the food you eat.
2. For families with children: eating fish sticks on Fridays, making paper chains to count the days to Easter with special colors to signify Sundays, Good Friday, and Easter, and keeping a gratitude jar of simple things that adults and children in your family are thankful for.
3. Make a donation of non-perishable foods, snacks, household cleaning products to Loaves and Fishes Food Pantry.
4. Go on a mini-pilgrimage. Set aside a day during Lent to visit a place that helps you be close to God or that you do not get to visit as often as you might like.
5. Get creative with what you "give up." Things you might want to consider "giving up": social media, cynicism (replace with wonder, compassion, and hope), perfectionism, legalism, TV, sugar, reading authors and bloggers who tend to look and think like you, comparison, etc.
6. Read the Gospel of Matthew and the Psalms.