

A 40-Day Journey to Renewal

You are warmly invited to join Thebes AME Church for a Sacred 40-Day Lenten Journey of renewal.

Lent: More Than Giving Something Up

When most people hear the word *Lent*, they think of giving up things like chocolate, coffee, or social media. But Lent is so much more than that. It's not just about sacrifice, it's about **transformation**.

Lent is a sacred **40-day journey** that prepares us for the greatest celebration of our faith, **Easter**. These forty days mirror the time Jesus spent fasting in the desert praying, resisting temptation, and drawing closer to His Father. (Luke 4:1-13)

Like Jesus, we're invited to pause, reflect, and let God renew our hearts.

Lent calls us to deepen our relationship with God through three simple yet powerful practices:

- 1. Prayer:** Prayer opens our hearts to grace. Whether through daily. *Lent invites us to make space for God's voice.*
- 2. Fasting:** Fasting is more than skipping meals, it's about detaching from

things that distract us from God. When we fast, we make room for what truly satisfies, God's love.

3. Almsgiving: Almsgiving turns love into action. Sharing our blessings, our time, and resources, reflects Christ's compassion for those in need.



Your 40-Day Lenten Journey Guide

Lent is a journey worth **walking with intention**. Here's a simple guide to help you grow in faith, one week at a time.

STEP 1 BEGIN WITH

PURPOSE (Ash Wednesday)

Start by asking, "Lord, what do You want to change in me this Lent?" The ashes remind us that life is fragile, but also that God can make beauty from dust. ***Lent begins not with perfection, but with purpose.***

STEP 2 HOLD ONTO YOUR THREE

ANCHORS

Keep the rhythm of prayer, fasting, and almsgiving alive every day.

- **Prayer** connects your heart to God.
- **Fasting** clears space for grace.
- **Almsgiving** brings faith to life through love.

Small daily acts, done with sincerity, can transform your heart.

STEP 3 WEEKLY REFLECTIONS FOR THE JOURNEY

Stay centered with these simple weekly themes:

WEEK 1- **Surrender:** Trust God's plan more than your own.

WEEK 2 - **Gratitude:** Find joy in everyday blessings.

WEEK 3 - **Mercy:** Forgive freely and ask for forgiveness.

WEEK 4 - **Service:** Be the hands of Christ to someone in need.

WEEK 5 - **Sacrifice:** Offer yourself for others.

Holy Week – Love: Walk with Jesus through His Passion and rejoice in His Resurrection.

STEP 4 JOURNAL YOUR WAY TO EASTER

Take a few minutes each day to jot down what moved your heart, something you're grateful for, a Scripture verse, or a small victory. Over time, you'll see how God has been at work in you.

STEP 5 MAKE SPACE FOR SILENCE

In our noisy world, silence is sacred. Spend a few quiet minutes each day, no phone, no distractions, and let God's peace fill you.

STEP 6 END IN JOY (Easter Sunday!)

Lent begins in ashes but ends in *light*. By Easter morning, every prayer, fast, and act of kindness will have drawn you closer to the joy of resurrection.

Lent isn't about being perfect, it's about being present. Let God meet you where you are and draw you closer to His heart.

