



Stepping Up Your Game For Lent



On January 21, 2022, I was getting ready to spend my morning with God. I placed my prayer journal on my lap and grabbed my Study Bible. But before I could open my Bible, that's when I had a conversation with the Holy Spirit that has changed the way I looked at the season of Lent.

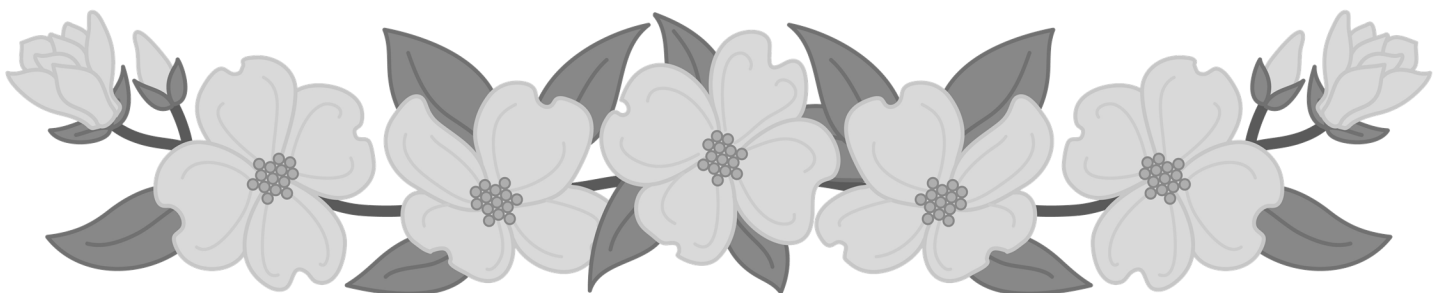
In my time with the Holy Spirit, I could feel Him saying to me, "*Melva, what are you doing for Lent this year?*" I told him what I was planning, which is what I do each year. Again, I heard Him ask, "*What are you doing for Lent this year?*" At this point I knew He was asking me to do something different. That's when He told me to google it.

Lent is a period of 40 days {excluding Sundays} of fasting, praying and almsgiving. I probably was told about these before, but just forgot about them. After reading about these three pillars of Lent, I realize what He, the Holy Spirit, was asking of me. I needed to step up my game.

In this document you will find:

- ⇒ A list of items for each pillar
- ⇒ A My Lenten Game Plan flowchart
- ⇒ A Bible Reading for each day during Lent
- ⇒ My Meal Planner {in case you are asked to plan healthier meals}
- ⇒ A Gratitude Journal
- ⇒ Power Verses to Meditate
- ⇒ And how to contact me and follow me

Pray and ask the Holy Spirit to guide you in what is the best way for you to reflect on Lent and prepare for Easter.



THE FIRST PILLAR ~ FASTING

Fasting is not only food, but from some sinful or unhealthy habits.

- Alcohol
- Chocolate
- Cursing
- Fast food ~ leads to unhealthy eating
- Gossip ~ spreading or listening to it
- TV
- Laziness ~ get up and move more
- Negativity ~ with yourself and others
- Facebook
- Smoking ~ as we all know it is an unhealthy habit
- Soda
- Comparing yourself to others, or your child, spouse, family members to other people
- Pornography
- Caffeine
- Impure books/movies/TV/music ~ think what it would be like for the entertainment industry if we, who are Christians, stopped all the impure entertainment that is out there. We can change the world.
- Judging others ~ there is only one judge, God Almighty
- Junk food ~ goes along with snacking
- Complaining ~ will bring us down
- Social Media
- Lying
- Being short with people
- Snacking ~ mindless eating which is unhealthy eating
- Arguing ~ who are you arguing with, yourself, others or God
- Coffee
- Checking your phone when you are with others
- Sweets
- Credit Cards ~ spending on things you want rather than your needs
- Meat

And when you fast, do not look gloomy like the hypocrites, for they disfigure their faces that their fasting may be seen by others. Truly, I say to you, they have received their reward. But when you fast, anoint your head and wash your face, that your fasting may not be seen by others but by your Father who is in secret. And your Father who sees in secret will reward you. ~ Matthew 6:16-18 ESV

THE SECOND PILLAR ~ PRAYER

Prayer can be as short as a whisper or as long as an sermon. If you feel you do not pray well, it's just talking to God.

- * Spend more time with God in prayer
- * Read the Bible more
- * Subscribe to daily devotionals
- * Read 2 chapters of the 4 Gospel each day {including Sundays}
- * If your church has more than 1 service each week, attend them all
- * 10 minutes of devotional time a day
- * Listen to Christian music in the car
- * Listen to bible reading on CD
- * Spend an additional 5~10 minutes each night talking to God about your day
- * Join a Bible study
- * Memorize a chapter from the bible
- * Walk around your neighborhood, sit on your porch or walk at a park and take in God's beautiful creation
- * List 5 things you are grateful for each day



THE THIRD PILLAR ~ ALMSGIVING

Almsgiving is not only giving money to charity. It is giving of yourself and your talent to help and/or encourage others.

- ♦ Donate the money you would have spent on whatever you are fasting from
- ♦ Spend time you would have watched TV with your family
- ♦ Take someone to lunch each week ~ a lonely coworker, neighbor, family member

For I was hungry and you gave me food, I was thirsty and you gave me drink, I was a stranger and you welcomed me, I was naked and you clothed me, I was sick and you visited me, I was in prison and you came to me.' Then the righteous will answer him, saying, 'Lord, when did we see you hungry and feed you, or thirsty and give you drink? And when did we see you a stranger and welcome you, or naked and clothe you? And when did we see you sick or in prison and visit you?' And the King will answer them, 'Truly, I say to you, as you did it to one of the least of these my brothers, you did it to me.' ~ Matthew 25:35-40 ESV

- ♦ Give someone a compliment each day
- ♦ Write a letter or send a card to a shut-in
- ♦ Save your change and donate it to a charity
- ♦ Step up your tithing
- ♦ Invite your worship leader {pastor, priest, Father} and their family to dinner
- ♦ Volunteer at a food bank, soup kitchen, church nursery
- ♦ Perform an act of charity each day
- ♦ Visit shut-ins


- Maybe the Holy Spirit is calling you to something not on this list. If so, you can list it below.

[illegible]

My Lenten Game Plan

<p>What am I giving up for Lent? (Fasting?)</p>	→	<p>What steps are necessary to start?</p>	→	<p>What steps are necessary to finish strong?</p>
<p>What am I doing to up my Prayer Life? (Prayer)</p>	➡	<p>What steps are necessary to start?</p>	➡	<p>What steps are necessary to finish strong?</p>
<p>What am I going to do for others? (Almsgiving)</p>	➡	<p>What steps are necessary to start?</p>	➡	<p>What steps are necessary to finish strong?</p>

Lenten Bible Reading



The Teachings of Jesus

A daily reading of the Teachings of Jesus for Lent.

Lenten Bible Readings - The Teachings of Jesus

Lenten Bible Reading ~ Ash Wednesday • Merciful Means Sitting with “Sinners” - Read Matthew 9:9-13

Lenten Bible Reading ~ Thursday After Ash Wednesday • Forgive Your Brother from Your Heart - Read Matthew 18:32-35

Lenten Bible Reading ~ Friday After Ash Wednesday • Be Merciful to Everyone - Read Luke 6:32-36

Lenten Bible Reading ~ Saturday After Ash Wednesday • Make Mercy a Priority - Read Matthew 23:3-24

Lenten Bible Reading ~ 1st Sunday in Lent • See God’s Plan at work in Suffering - Read Mark 8:31-33

Lenten Bible Reading ~ Monday of the 1st Week • Trust in God’s Will - Read Mark 14:35-36

Lenten Bible Reading ~ Tuesday of the 1st Week • God is Glorified in Suffering - Read John 9:1-5

Lenten Bible Reading ~ Wednesday of the 1st Week • Your Grief Will Give Way to Joy - Read John 16:17-22

Lenten Bible Reading ~ Thursday of the 1st Week • Take Heart Because I Have Overcome - Read John 16:29-33

Lenten Bible Reading ~ Friday of the 1st Week • Your Reward in Heaven Will Be Great - Read Matthew 5:10-12

Lenten Bible Reading ~ Saturday of the 1st Week • The Reason for Suffering Will Be Clear - Read Luke 24:5-27

Lenten Bible Reading ~ 2nd Sunday in Lent • Love Means Laying Down Your Life - Read John 15:9-15

Lenten Bible Reading ~ Monday of the 2nd Week • Love Your Neighbor - Read Mark 12:8-34

Lenten Bible Reading ~ Tuesday of the 2nd Week • Love Your Enemies - Read Matthew 5:43-48

Lenten Bible Reading ~ Wednesday of the 2nd Week • Be reconciled to One Another - Read Matthew 5:21-24

Lenten Bible Reading ~ Thursday of the 2nd Week • Show Love Even When Met with Hate - Read Matthew 5:38-40

Lenten Bible Reading ~ Friday of the 2nd Week • Love Unconditionally - Read Luke 15:11-20

Lenten Bible Reading ~ Saturday of the 2nd Week • Love Connotes Discipleship - Read John 13:33-35

Lenten Bible Reading ~ 3rd Sunday in Lent • Pray in Secret as I Taught You - Read Matthew 6:5-13

Lenten Bible Reading ~ Monday of the 3rd Week • Be Persistent in Prayer - Read Luke 18:1-8

Lenten Bible Reading ~ Tuesday of the 3rd Week • Pray You Won’t Fall into Temptation - Read Luke 22:39-46

Lenten Bible Reading ~ Wednesday of the 3rd Week • Pray Christ Might be Glorified- Read John 17:1-5

Lenten Bible Reading ~ Thursday of the 3rd Week • Pray for Those Near and Dear to You - Read John 17:6-18

Lenten Bible Reading ~ Friday of the 3rd Week • Pray for All Believers - Read John 17:19-26

Lenten Bible Reading ~ Saturday of the 3rd Week • Ask and It Will be Given to You - Read Luke 11:9-13

Lenten Bible Reading ~ 4th Sunday in Lent • Offer Everything to God - Read Mark 12:41-44

Lenten Bible Reading ~ Monday of the 4th Week • Discipleship Trumps Family - Read Luke 14:25-27

Lenten Bible Reading ~ Tuesday of the 4th Week • Put Away Your Possessions to Follow - Read Matthew 19:16-26

Lenten Bible Reading ~ Wednesday of the 4th Week • Give Generously - Read Luke 6:38

Lenten Bible Reading ~ Thursday of the 4th Week • Fast Without Fanfare - Read Matthew 6:16-20

Lenten Bible Reading ~ Friday of the 4th Week • The Sacrifice Will Be Worth It - Read Mark 10:28-30

Lenten Bible Reading ~ Saturday of the 4th Week • Stand Firm to the End in Your Sacrifice - Read Matthew 24:9-14

Lenten Bible Reading ~ 5th Sunday in Lent • Acknowledge Your Faults - Read Matthew 7:1-5

Lenten Bible Reading ~ Monday of the 5th Week • Be Humble When You Talk to God - Read Luke 18:10-15

Lenten Bible Reading ~ Tuesday of the 5th Week • Be a Servant to Others - Read Matthew 20:24-28

Lenten Bible Reading ~ Wednesday of the 5th Week • Take a Backseat - Read Luke 14:9-11

Lenten Bible Reading ~ Thursday of the 5th Week • Recognize Christ's Authority - Read Matthew 8:5-13

Lenten Bible Reading ~ Friday of the 5th Week • Don't Try to be the Greatest - Read Mark 9:34-40

Lenten Bible Reading ~ Saturday of the 5th Week • Wash on Another's Feet - Read John 13:12-17

Lenten Bible Reading ~ Palm Sunday • Do What You Say - Read Matthew 21:28-32

Lenten Bible Reading ~ Monday of Holy Week • Finish What You Start - Read Luke 14:28-33

Lenten Bible Reading ~ Tuesday of Holy Week • Keep Following Me Every Day - Read Mark 14:12-25

Lenten Bible Reading ~ Wednesday of Holy Week • Don't Look Back - Read Luke 9:57-62

Lenten Bible Reading ~ Maundy Thursday • Know When It's Time to Get Going - Read Mark 14:32-42

Lenten Bible Reading ~ Good Friday • It Is Finished - Read John 19:28-30

Lenten Bible Reading ~ Holy Saturday • Prepare for My Burial - Read John 12:1-8

Easter Bible Reading ~ Easter Sunday • A Place is Prepared for You - Read John 14:1-4

** readings are from biblegateway.com*





Meal Planning Guide

My Gratitude Journal



This is a journal to help you remember to thank God for what He has brought into your life.

My Gratitude List

Week of Ash Wednesday

Day 1 ~ Ash Wednesday

- 1.
- 2.
- 3.
- 4.
- 5.

Day 3 ~ Friday following Ash Wednesday

- 1.
- 2.
- 3.
- 4.
- 5.

Day 2 ~ Thursday following Ash Wednesday

- 1.
- 2.
- 3.
- 4.
- 5.

Day 4 ~ Saturday following Ash Wednesday

- 1.
- 2.
- 3.
- 4.
- 5.

*Ash
Wednesday*

My Gratitude List

Day 5 ~ 1st Sunday in Lent

- 1.
- 2.
- 3.
- 4.
- 5.

Day 9 ~ 1st Thursday in Lent

- 1.
- 2.
- 3.
- 4.
- 5.

Day 6 ~ 1st Monday in Lent

- 1.
- 2.
- 3.
- 4.
- 5.

Day 10 ~ 1st Friday in Lent

- 1.
- 2.
- 3.
- 4.
- 5.

Day 7 ~ 1st Tuesday in Lent

- 1.
- 2.
- 3.
- 4.
- 5.

Day 11 ~ 1st Saturday in lent

- 1.
- 2.
- 3.
- 4.
- 5.

Day 8 ~ 1st Wednesday in Lent

- 1.
- 2.
- 3.
- 4.
- 5.

FIRST SUNDAY^{IN}
LENT



My Gratitude List

Day 12 ~ 2nd Sunday in Lent

- 1.
- 2.
- 3.
- 4.
- 5.

Day 16 ~ 2nd Thursday in Lent

- 1.
- 2.
- 3.
- 4.
- 5.

Day 13 ~ 2nd Monday in Lent

- 1.
- 2.
- 3.
- 4.
- 5.

Day 17 ~ 2nd Friday in Lent

- 1.
- 2.
- 3.
- 4.
- 5.

Day 14 ~ 2nd Tuesday in Lent

- 1.
- 2.
- 3.
- 4.
- 5.

Day 18 ~ 2nd Saturday in Lent

- 1.
- 2.
- 3.
- 4.
- 5.

Day 15 ~ 2nd Wednesday in Lent

- 1.
- 2.
- 3.
- 4.
- 5.

SECOND SUNDAY IN
LENT

My Gratitude List

Day 19 ~ 3rd Sunday in Lent

- 1.
- 2.
- 3.
- 4.
- 5.

Day 23 ~ 3rd Thursday in Lent

- 1.
- 2.
- 3.
- 4.
- 5.

Day 20 ~ 3rd Monday in Lent

- 1.
- 2.
- 3.
- 4.
- 5.

Day 24 ~ 3rd Friday in Lent

- 1.
- 2.
- 3.
- 4.
- 5.

Day 21 ~ 3rd Tuesday in Lent

- 1.
- 2.
- 3.
- 4.
- 5.

Day 25 ~ 3rd Saturday in Lent

- 1.
- 2.
- 3.
- 4.
- 5.

Day 22 ~ 3rd Wednesday in Lent

- 1.
- 2.
- 3.
- 4.
- 5.

THIRD SUNDAY IN
LENT

My Gratitude List

Day 26 ~ 4th Sunday in Lent

- 1.
- 2.
- 3.
- 4.
- 5.

Day 30 ~ 4th Thursday in Lent

- 1.
- 2.
- 3.
- 4.
- 5.

Day 27 ~ 4th Monday in Lent

- 1.
- 2.
- 3.
- 4.
- 5.

Day 31 ~ 4th Friday in Lent

- 1.
- 2.
- 3.
- 4.
- 5.

Day 28 ~ 4th Tuesday in Lent

- 1.
- 2.
- 3.
- 4.
- 5.

Day 32 ~ 4th Saturday in Lent

- 1.
- 2.
- 3.
- 4.
- 5.

Day 29 ~ 4th Wednesday in Lent

- 1.
- 2.
- 3.
- 4.
- 5.

FOURTH SUNDAY IN
LENT

My Gratitude List

Day 33 ~ 5th Sunday in Lent

- 1.
- 2.
- 3.
- 4.
- 5.

Day 37 ~ 5th Thursday in Lent

- 1.
- 2.
- 3.
- 4.
- 5.

Day 34 ~ 5th Monday in Lent

- 1.
- 2.
- 3.
- 4.
- 5.

Day 38 ~ 5th Friday in Lent

- 1.
- 2.
- 3.
- 4.
- 5.

Day 35 ~ 5th Tuesday in Lent

- 1.
- 2.
- 3.
- 4.
- 5.

Day 39 ~ 5th Saturday in Lent

- 1.
- 2.
- 3.
- 4.
- 5.

Day 36 ~ 5th Wednesday in Lent

- 1.
- 2.
- 3.
- 4.
- 5.

FIFTH SUNDAY ^{IN}
LENT

My Gratitude List

Day 40 ~ Palm Sunday

- 1.
- 2.
- 3.
- 4.
- 5.

Day 44 ~ Maundy Thursday

- 1.
- 2.
- 3.
- 4.
- 5.

Day 41 ~ Monday of Holy Week

- 1.
- 2.
- 3.
- 4.
- 5.

Day 45 ~ Good Friday

- 1.
- 2.
- 3.
- 4.
- 5.

Day 42 ~ Tuesday of Holy Week

- 1.
- 2.
- 3.
- 4.
- 5.

Day 46 ~ Holy Saturday

- 1.
- 2.
- 3.
- 4.
- 5.

Day 43 ~ Wednesday of Holy Week

- 1.
- 2.
- 3.
- 4.
- 5.



Power Verses to Meditate for Lent

In the beginning was the Word, and the Word was with God, and the Word was God. ~ **John 1:1 {ESV}**

Therefore the LORD waits to be gracious to you, and therefore he exalts himself to show mercy to you. For the LORD is a God of justice; blessed are all those who wait for him. ~ **Isaiah 30:18 {ESV}**

Rejoice in hope, be patient in tribulation, be constant in prayer. ~ **Romans 12:12 {ESV}**

“Yet even now,” declares the LORD, “return to me with all your heart, with fasting, with weeping, and with mourning; and rend your hearts and not your garments.” Return to the LORD your God, for he is gracious and merciful, slow to anger, and abounding in steadfast love; and he relents over disaster. Who knows whether he will not turn and relent, and leave a blessing behind him, a grain offering and a drink offering for the LORD your God? ~ **Joel 2:12-14 {ESV}**

All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness, that the man of God may be complete, equipped for every good work. ~ **2 Timothy 3:16-17 {ESV}**

But if a wicked person turns away from all his sins that he has committed and keeps all my statutes and does what is just and right, he shall surely live; he shall not die. ~ **Ezekiel 18:21 {ESV}**

Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you, casting all your anxieties on him, because he cares for you. ~ **1 Peter 5:6-7 {ESV}**

The LORD your God is in your midst, a mighty one who will save; he will rejoice over you with gladness; he will quiet you by his love; he will exult over you with loud singing. ~ **Zephaniah 3:17 {ESV}**

Therefore let no one pass judgment on you in questions of food and drink, or with regard to a festival or a new moon or a Sabbath. These are a shadow of the things to come, but the substance belongs to Christ. ~ **Colossians 2:16-17 {ESV}**

But as for me, I will look to the LORD; I will wait for the God of my salvation; my God will hear me. ~ **Micah 7:7 {ESV}**

Make me to know your ways, O LORD; teach me your paths. Lead me in your truth and teach me, for you are the God of my salvation; for you I wait all the day long. ~ **Psalms 25:4-5 {ESV}**

And Jesus came and said to them, “All authority in heaven and on earth has been given to me. Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe all that I have commanded you. And behold, I am with you always, to the end of the age.” ~ **Matthew 28:18-20 {ESV}**

My soul thirsts for God, for the living God. When shall I come and appear before God? ~ **Psalms 42:2 {ESV}**

The thief comes only to steal and kill and destroy. I came that they may have life and have it abundantly. ~ **John 10:10 {ESV}**

If you want to step up your game this Season, ask the Holy Spirit to guide you. When you follow the guidance the Holy Spirit give you, great things will happen.

If the Holy Spirit has called you to do something different that is not on my list, I'd love to hear about it.

I feel great things will be happening this Lenten Season.

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