

10 WAYS to observe Lent

FAST

- Reduce your screen time, and do something together as a family instead.
- Take one commitment off your calendar, and spend that time resting and enjoying each other's company.

PRAY

- Pray in Color with these free [downloadables](#).
- Say this lenten prayer at meals, bedtime, or at the start of the day.
"God, getting ready for the mystery of Easter is big work. Help me use this time to learn how to trust and love you, as I share your love with others. Amen."

LISTEN

- Listen to this [Spotify Playlist](#) while you are traveling.
- Practice deep listening with family members by making eye contact, waiting for them to finish speaking before responding, and asking curious questions.

CREATE

- Bake some pretzels while you [learn](#) about their connection to Lent and prayer.
- Make a Lenten candle wreath similar to [this one](#), and light a candle at meal time.

BLESS

- Make a paper chain with 40 links (one for every day except Sunday) with a prayer or service action for the day.
- Bless your family members each day, with this blessing: *"God loves you. Christ is with you. The Holy Spirit helps you as we get ready for the mystery of Easter, together."*

WANT MORE?

It's your lucky day - we curated more resources! Check out our list at <https://michiganumc.org/faith-family-playlists/10-ways-to-observe-lent-at-home/>

-Rev. Dr. Tanya Marie Eustace Campen
Rio Texas UM Conference

-Rev. Christy Miller White
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-Rev. Kathy Pittenger
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-Rev. Melissa Collier Gepford
Great Plains UM Conference