

# My Preparation for Easter

Lent is a time to prepare for Easter. The death and resurrection of Christ are true no matter what. However, without my heart and life being ready, I may not experience the depth and power of Christ's death and resurrection. So with my brothers and sisters, I commit myself to disciplines for conversion from sin and death to love and life in Jesus Christ. With the aid of the list below, I make the following commitments to discipline and growth for the next six weeks:

*(Check the ones you desire or feel prompted to do; circle the ones you then decide to do.)*

## Inward and Personal Disciplines

- Spend time in solitude with Jesus each day.
- Read a spiritual devotional for inner growth.
- Read one of the Gospels: Matthew, Mark, Luke or John.
- Keep a journal of prayer concerns, questions, reading.
- In prayer, focus on thanksgiving, rather than on asking.
- Make a list of people with whom I need to be reconciled. Pray for them and let Jesus guide me in my thinking and feeling toward them.
- Attend worship, including all of the Holy Week services as an act of love and waiting with Jesus.
- Give up a grudge or a rehearsal of a past event.
- Ask for forgiveness. Forgive someone who has hurt me.
- Pray asking "What inside of me has to die, in order to make room for God?" And, then listen.

## Outward and Social Disciplines

- Plan to visit a "homebound" neighbor or church member.
- Write a letter of affirmation once a week to a person who has touched my life.
- Listen and respond to Christ's call to a ministry of service:
- Go to coffee or dinner with someone I want to know better.
- Refrain from speaking and posting words of judgment.
- Say "NO" to something that is a waste of money and time.
- Pray to God to help me resist racial prejudice and to give me courage in opposing it.
- Decide to become a member of the church and speak to Pastor Barbara.
- Rebuke the spirit of criticism and my own tongue out of control.

## As a way of being accountable, I will:

- Share my plan with someone and share with that person my experience of Lent during Holy Week.