

A photograph of a forest path in the early morning or late afternoon. The scene is filled with a soft, golden light filtering through the bare branches of tall trees. The path, a dirt trail, leads into the distance, surrounded by tall, dark trunks and the warm glow of the sun. The ground is covered with fallen leaves and some green moss. The overall atmosphere is peaceful and contemplative.

The Lenten Reset

10 STRATEGIES FOR SPIRITUAL RENEWAL

A guide to drawing closer to the Lord this season.

Based on 'Ten Strategies for a Meaningful Lent'

FEBRUARY

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|----|----|----|----------------------|----|----|----|
| | | | 1 | 2 | 3 | 4 |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | <i>Ash Wednesday</i> | | | |



A Call to Do Something Different

Ash Wednesday falls on February 18th, marking the beginning of Lent. This season is not an arbitrary ritual; it is a specific call for all Christians to shift their rhythms to draw closer to the Lord.

“The objective is simple but profound: renewal, growth, and revival.”



Part I: The Inner Sanctuary

STRATEGIES FOR PERSONAL DEVOTION

Prayer | Silence | Scripture | Fasting

Prayer is Relationship, Not Ritual

Commit to a specific time of prayer every single day. Just as human relationships fade without contact, so does our connection with God.

The Chatterbox

If you are naturally talkative, commit to spending time in silence. Let the quiet do the work.

The Struggler

Simply sit with the Lord. Let your mind wander over gratitude, worries, and everything in between.

Micro-Habit: Pray The Lord's Prayer slowly, pausing after each line to mean it from the heart.



Engaging with God's Love Letter



The Sip

Like a fine wine. Focus on one verse a day, or even a single verse for the entire season of Lent. Savor the depth.



The Guzzle

Like a refreshing drink. Commit to reading an entire book of the Bible throughout the 40 days. Absorb the narrative.

Whether sipping or guzzling, the goal is spending time with His word.

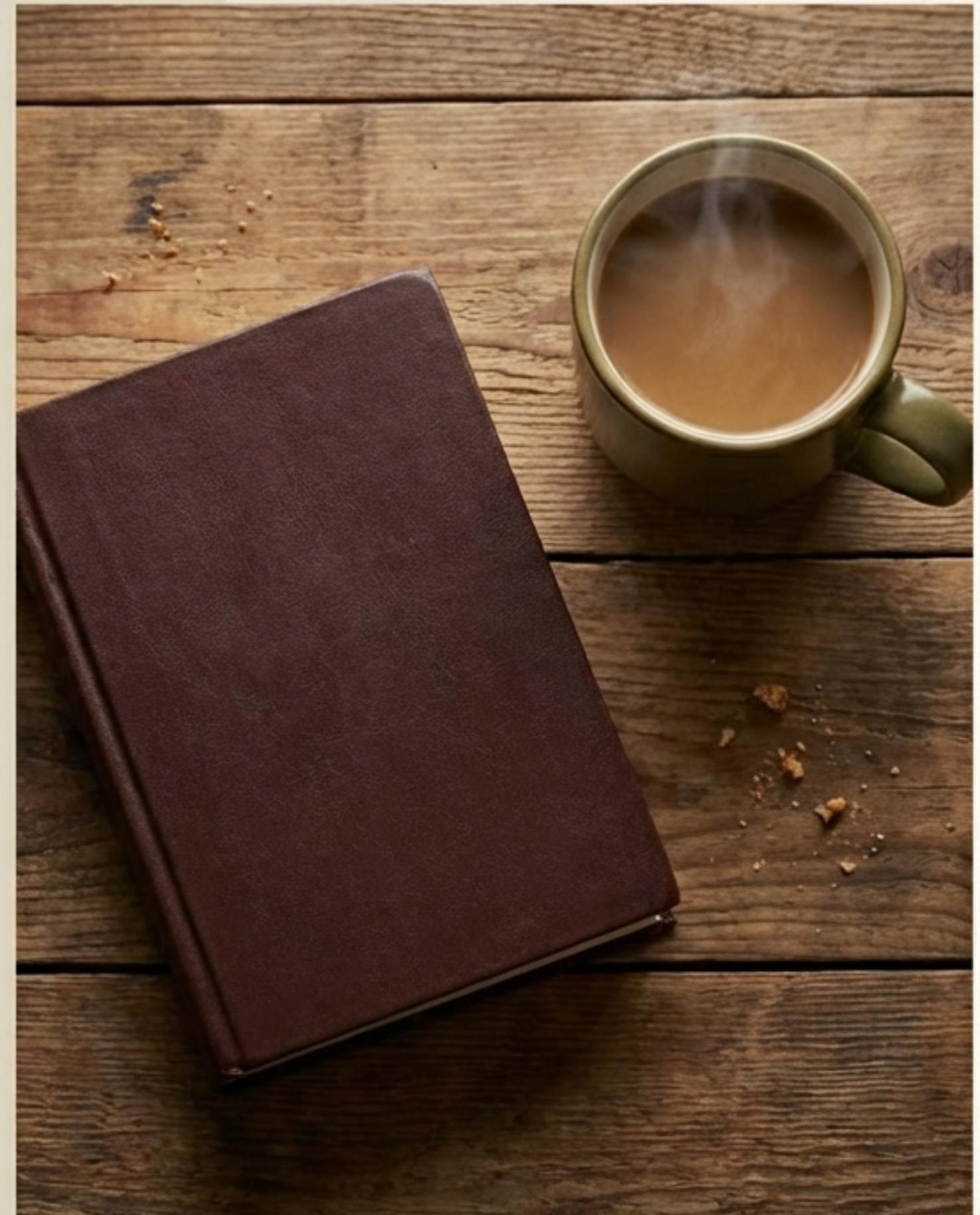
Wisdom from the Cloud of Witnesses

Strategy #6: Devotional Reading

The world is full of wonderful devotional literature. Supplementing Scripture with guided wisdom helps center the mind.

Commit to: 15 minutes of reading a devotional book each day.

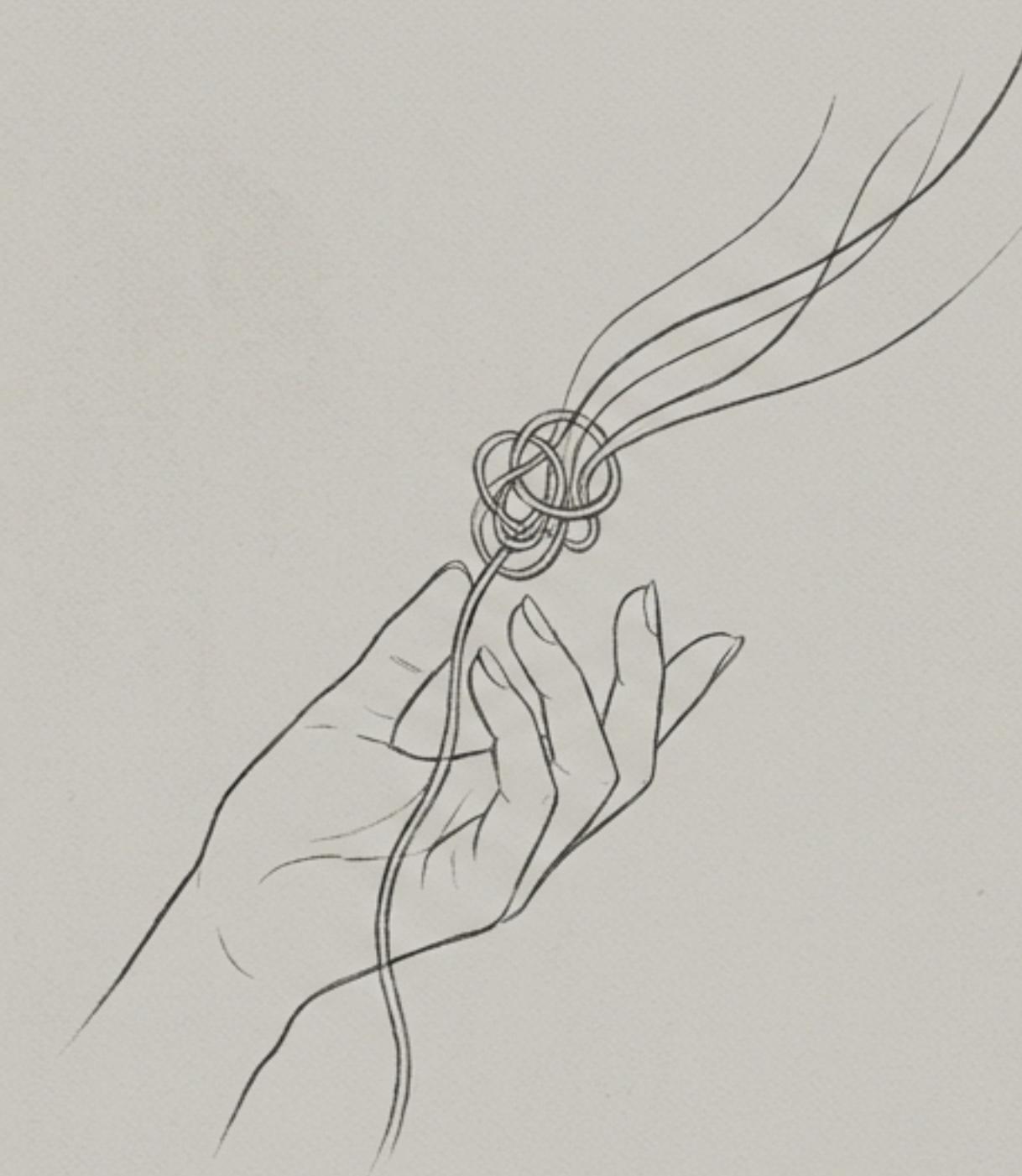
Stuck for a choice? Speak to a leader for a personal recommendation.



Fasting: Breaking Attachments to Find Freedom

The Attachments

Coffee
Sugar
Social Media
Amazon
Alcohol



The Exchange

Learning to go without these things brings a spiritual freedom that benefits our relationship with God in profound ways.

Identify your attachment. Give it to God.



Part II: The Gathered Body

STRATEGIES FOR CORPORATE WORSHIP

Sabbath | Meetings | Generosity

The Sabbath Command

Honouring the sabbath is a command, not a suggestion. Christianity is not a solitary sport; it requires the gathered body.

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There are 4 weekly acts of worship across the benefice. If those don't fit, find others in the Deanery that work for your schedule.

Commitment: Be at church at least once a week throughout Lent.



Deepening the Roots Mid-Week

Sunday is not enough. Mid-week worship services are specifically themed around drawing closer to God.

Thursday, 8:00 PM
The Stage Room at St Stephen's

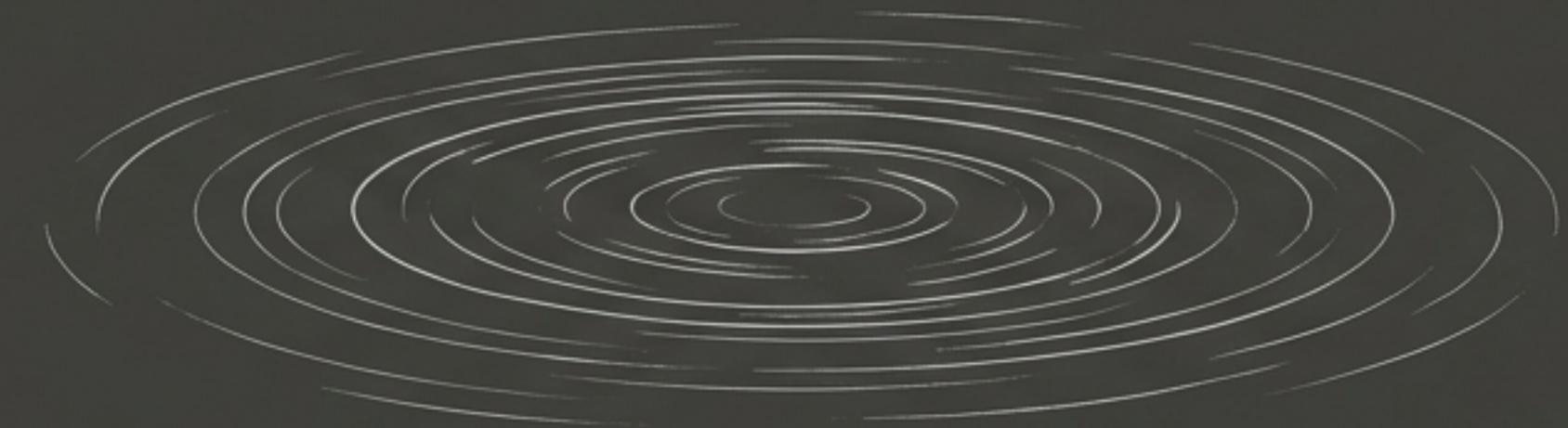
Praying specifically for renewal, growth, and revival.



Discipleship and the Wallet

Learning to give is an essential part of discipleship. It keeps us in a 'right relationship' with money and material goods.

- Support the church by setting up regular giving.
- Choose a charity close to your heart and make a regular donation.
- Challenge yourself to be more generous.



Part III: The Outward Ripple

STRATEGIES FOR RELATIONAL IMPACT

Invitation | Family

The Power of a Simple Invitation

We are surrounded by people trying to work out the reason for their existence in a world that has lost its way.

86%

of new Christians in the last 20 years came
because someone invited them.

Who is God laying on your heart? Invite them to come and join us.

Ministry Begins at Home

“Go home and love your family.”
— Mother Teresa

Let's have an honest assessment of the time
we are giving to the people closest to us.

**Who needs you to spend a bit more time
with them this season?**

A Season of Closeness



The Inner Sanctuary

- Prayer & Silence
- Engaging Scripture
- Fasting

The Gathered Body

- Sabbath Worship
- Mid-week Meeting
- Generosity

The Outward Ripple

- Inviting Others
- Loving Family

Don't just let these 40 days pass by. Choose your strategies. Commit to the process. Draw closer to the Lord.