



The 2021 Lenten Journey
Emory Grove and Mill Creek Parish UMCs

Disciplined Prayer

We set aside time to communicate (**speak**) our hearts to God



We subordinate (**clear the communication channel**) our physical desires to enable us to hear from God clearly

We enter into silence and solitude to (**listen**) hear only from God

2021 Lenten Fast

Food

- Skip 1 meal of your choice daily, except Sundays which are feast days
- Drink only water
- Sacrifice something else if medically necessary (consult physician)

Prayer and Meditation

- Pray during the time you would have been eating
- Pray intentionally within the focus for the week
- Spend at least 15 minutes in silence (meditation) each day

Devotion and Study

- Participate in the joint Ash Wednesday Worship Experience
- Read the Lenten Devotional daily
- Participate in Thursday prayer gatherings

Lenten Prayer Schedule

Week	Dates	Theme	Prayer Focus
1	2/17 – 2/20	Acknowledgement of sin in my life	God, help me see myself the way you see me.
2	2/21 – 2/27	Submission to God as revealed in Jesus Christ	Lord, you are the potter, and I am the clay.
3	2/28– 3/6	Clarity as to God's will for my life	Not my will, O God, but yours be done in my life.
4	3/7 – 3/13	Focus on my neighbors	Lord, show me how to love all my neighbors, without exception.
5	3/14 – 3/20	Focus on God's will for our church	Lord, help us to be a branch on your vine that bears much fruit.
6	3/21 – 4/3	Focus on building God's Kingdom	Lord, as we are in you, help us to be the hope of your glory