

# LENTEN

## Wellness



### IDEAS FOR GROWING CLOSER TO JESUS IN THIS SEASON

- Spend 15 minutes in Pearson Chapel
- Read the Easter story in John 20:1-18
- Test drive a Bible study. Drop in on a small group virtually or in person. See the AUMC website for a list of studies.
- Chose one service activity to accomplish before Easter
- Watch a movie about Easter such as the Passion of Christ (free on Amazon Prime, rent on YouTubeTV)

#### FEBRUARY 26

Plan one healthy meal to make this week. Put the ingredients on your grocery list and plan the day to make the meal.

#### FEBRUARY 27

Ask God to show you something you can do to improve the life of another or the place where you live.

#### FEBRUARY 28

Purchase food for the Dulles South Food Pantry this week.

#### MARCH 1

Download the free app "My Daily Prayer" for some daily inspiration.

#### MARCH 2

Hide a happy note for someone to find or tape \$1 bill to a gas pump, or vending machine

#### MARCH 3

Take a brisk 10 minute walk. Reflect on how God has provided for you this year.

#### MARCH 4

Bake something and bring it to a neighbor who doesn't look like you. (You don't bake? Bring them flowers.)