

LENTEN

Wellness



Arcola Church

IDEAS FOR GROWING CLOSER TO GOD 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 22 (ASH WEDNESDAY)

Who is Jesus to you? Choose one way you will work to become closer to Him during Lent.

FEBRUARY 23

Write down three things you are grateful for. Reflect on each for one full minute.

FEBRUARY 24

Aim for drinking one half of your body weight in ounces of water each day.

FEBRUARY 25

Call someone you haven't spoken to in over a month.

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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.)

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MARCH 5

Schedule some "me time" this week. Put it on your calendar and block off the time.

MARCH 6

Spend 3 minutes praying for someone who is struggling with their mental or spiritual health.

MARCH 7

Text, call, or tell someone in person that you love them.

MARCH 8

When was the last compliment you gave? Compliment a stranger and a family member.

MARCH 9

Stop. Identify 5 things you see, 4 things you hear, 3 things you feel, 2 things you smell or taste.

MARCH 10

Select one news source you don't typically read and read one article. Identify one idea you never considered.

MARCH 11

Lie on your back. Close your eyes. Relax one body part at a time starting at your head and ending at your feet.