

LENTEN

Wellness



Arcola Church

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)

MARCH 12

Decide on one thing you can do to improve your sleep this week and implement it.

MARCH 13

Pray out loud with a family member.

MARCH 14

Let a car in front of you in traffic (even if you don't want to).

MARCH 15

Write and send a thank you note to someone.

MARCH 16

Watch or listen to something that you will make you laugh out loud, even if it's only for five minutes.

MARCH 17

Put on music and dance, (even if you're alone or think you look ridiculous).

MARCH 18

Schedule a blood donation, clothes/toy donation, or food donation for next week.