

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 19

Write down one chronic negative thought. Rip it up and (dramatically) throw it in the trash.

MARCH 20

Download one meditation app and use it for five minutes today. Don't have a smart phone? Use YouTube.

MARCH 21

Do something unexpected for someone.

MARCH 22

Stand up for at least 5 minutes EVERY hour you are awake today.

MARCH 23

Take your dog for an extra walk or sit outside and listen to the wildlife.

MARCH 24

Get in touch with an old friend or relative.

MARCH 25

Bring a treat to the fire station, police station, your postal carrier, or someone in a service profession.