

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 26

Challenge your brain. Do a crossword, Sudoku, Wordle, or word search.

MARCH 27

Smile at three people you don't know.

MARCH 28

Close your eyes. Take a deep breath in for 4 seconds, hold for 4, breathe out for 4, hold for 4. Repeat x4.

MARCH 29

Write down one thing you've seen God do for you or someone around you.

MARCH 30

Schedule your preventative care (PCP, dentist, GYN, skin check, colonoscopy, DEXA scan, BP check...)

MARCH 31

Hold the door for someone or let one person in front of you in line.

APRIL 1

Think of one person you can invite to church for Easter Sunday. Pick a day to ask them.