











## To Inspire Spiritual Growth

Fasting		Commit to abstaining from certain foods. The Church prescribes fasting from meat and dairy. Start with what you are able.
Prayer		Set aside time that you normally do not and focus on praying. Find a prayer book if you don't know what to say.
Read		Read a chapter a day from the Bible - The Gospels or Book of Psalms are good places to start.
Silence		Spend a moment each day in Silence. Add 30 seconds of silence to each day. (Example for silent time: Day 1 - 30s, Day 2 - 1:00, Day 3 - 1:30 etc.)
Thanksgiving		Give thanks to someone in your life each day. Tell someone directly or write a thank you note.
Stewardship		Sacrifice time, talent, or treasure and offer it to a good cause.
Worship		Participate in the life of the Church. Take confession, attend extra services such as compline, presanctified liturgy, salutations.
Reflection		At the end of each day reflect on how it went. Consider journaling. Express difficulties and successes.

## Holy 40 Living

Everyday try to complete each goal. For each goal you complete, receive 1 point. The maximum points that can be received in one day is 8 points.

If you miss a day, that is ok. The goal is to push yourself to do better than the day before. If the goals are to easy to complete, set tougher goals.

The point scale is **not for comparison to others**, but a way to push ourselves and provide accountability in our own walk with Christ. Use this scale to see where you are struggling and see where you have room to grow during Great Lent.

Some Tips:

### Fasting

Don't go overboard, commit to something attainable but challenging.

### Prayer

Set alarms on your phone to remind you to pray at different times of the day.

### Read

The Daily Readings App has prescribed readings each day.

### Silence

With time for silence, also consider limiting screentime as well.

### Thanksgiving

Even a simple text or phone call of thanks can be meaningful.

### Stewardship

Give first, ask questions later.

### Worship

Look at the Church's calendar and try services you don't go to often. Make Sunday a priority.

### Reflection

Use a journal so you can keep your thoughts together in one place and can see your journey progress.