

LENT JOURNAL 2023

The word "EXODUS" is rendered in a bold, sans-serif font. The letters are filled with a gradient that transitions from a light orange at the top to a dark brown at the bottom, with a silhouette of a mountain range visible within the text. A thin, wavy, golden-brown line, resembling a crack or a path, runs horizontally across the middle of the word and then branches out downwards and to the right.

# EXODUS

READING THROUGH EXODUS TOGETHER

# You are invited to join us in observing the 40 days of Lent this year

Ash Wednesday 22 February - Palm Sunday 2 April

**Lent** is how many people commemorate Jesus' 40 days fasting in the desert before He began His public ministry of preaching the Kingdom with power and bringing glory to God as He did so.

It is a period of repentance and restraint before the great celebration of Easter. The Greek Orthodox church calls it the **"bright sadness"**.



## There are 5 ways you can join in with observing Lent this year

1. Read a chapter of the book of Exodus every day
2. Sit in silence for 5 minutes
3. Pray for someone or something
4. Give something away each day
5. Simplify your life and give up one luxury for the 40 days

## Some ideas to simplify your life

- Cut out chocolate
- Cut out meat
- Cut out alcohol
- Don't eat out or order in
- Drink just water (hot or cold)
- Wear plain clothes
- Cut out TV
- Cut out social media
- Turn your phone off 10pm - 9am
- Walk/cycle everywhere that is less than a mile away
- Don't buy anything new



Reading a chapter of Exodus will take around 5 minutes



Ideas to give away: a smile, money, a kind word, service, a gift, food to The Pantry, time

You can use this journal to tick off the chapters of Exodus and write your prayers and gifts each day





PRAYER

GIFT

22 FEBRUARY

1

23 FEBRUARY

2

24 FEBRUARY

3

25 FEBRUARY

4

26 FEBRUARY

5

27 FEBRUARY

6

28 FEBRUARY

7



PRAYER

GIFT

1 MARCH

8

2 MARCH

9

3 MARCH

10

4 MARCH

11

5 MARCH

12

6 MARCH

13

7 MARCH

14



PRAYER

GIFT

8 MARCH

15

9 MARCH

16

10 MARCH

17

11 MARCH

18

12 MARCH

19

13 MARCH

20

14 MARCH

21



PRAYER

GIFT

15 MARCH

22

16 MARCH

23

17 MARCH

24

18 MARCH

25

19 MARCH

26

20 MARCH

27

21 MARCH

28



PRAYER

GIFT

22 MARCH

29

23 MARCH

30

24 MARCH

31

25 MARCH

32

26 MARCH

33

27 MARCH

34

28 MARCH

35



PRAYER

GIFT

29 MARCH	36		
30 MARCH	37		
31 MARCH	38		
1 APRIL	39		
2 APRIL	40		

NOTES

