

# LENTEN

## *devotionals*

*In many ways, Lent is an interruption.* It's an interruption to the many distractions and responsibilities that fill the normal rhythms of our lives. Yet, when welcomed and embraced, Lent is an interruption that enables us to **REFLECT ON OUR LIVES** in ways that help focus our attention by remembering how Jesus interrupted this world through His life, death and resurrection so that we may have new life. The simple suggestions below are provided to be used with your family, individually or within a small group to take full advantage of this Lenten season.

**LENTEN DEVOTIONALS** | The following Lenten devotionals are some of our favorites:

- *Reliving the Passion* by Walter Wangerin
- *Bread and Wine: Readings for Lent and Easter* by Plough Publishing
- *40 Days of Decrease: A Different Kind of Hunger. A Different Kind of Fast* by Alicia Britt Chole

**KEEP LENT** | Prayerfully consider how you will keep Lent this year. We keep Lent by sacrificing something we normally do to help us more intentionally focus on the sacrifice Christ has made for us—drawing us closer into relationship. Practically, let's say you gave up TV; so instead of watching TV you could use the extra time creating space by meeting with Christ in Scripture, praying, being more present to your family or doing something that brings you joy. Or let's say you gave up going to Starbucks; you could give the money that you would usually spend on your morning coffee to a coworker or neighbor in need.

If you would like additional ideas on how to leverage your newly found free time or resources for the benefit of others, feel free to contact Rev. Eric Haskins via email at [ehaskins@ChristChurch.us](mailto:ehaskins@ChristChurch.us).

### **WEEKLY AUDIO LENTEN DEVOTIONAL**

To receive an audio-based Lenten devotional each Monday, text "TDEVO" to receive them directly to your phone, use "EDEVO" to get them by email, or sign up at [ChristChurch.us/LentDevo](http://ChristChurch.us/LentDevo). These formational reflections are inspired by our Lenten series "Thicker Than Water" and will lead you to more fully engage in living into God's circles of commitment to us.

**EXPERIENCE LENT** | Make it a point to experience Lent together with friends, as a family or small group through any of the following worship opportunities:

- **Ash Wednesday** | February 17
- **Palm Sunday** | March 28
- **Holy Week Experience** | March 29
- **Good Friday** | April 2
- **Easter** | April 4

Detailed times and venues for our Oak Brook and Butterfield locations can be found at [ChristChurch.us/lent](http://ChristChurch.us/lent).