

St. Helen's Anglican Church

Lent 2023



It is Lent. We prepare for Christ's death and resurrection by turning to God in fasting, in prayer, and in acts of generosity.

We set aside things that distract us from what is good and holy in God's sight.

Create in me a clean heart, O God.

We seek to hear God more clearly and follow God more closely.

Create in me a clean heart, O God.

We turn to one another and all our neighbours, seeing the face of Christ in each person.

***Create in me a clean heart, O God,
and renew a right spirit within me.***

Pray for one another, that each may have a holy Lent and ready ourselves to receive our Risen Lord.

Each Sunday in Lent, consider how you will prepare in the week to come. What will you set aside? How will you pray? How will you give? Commit to one of each type of preparation for each week. Perhaps you will do the same things every week or perhaps you will want to try different things.



What will you set aside? (fasting)

- complaining
- TV/Netflix/etc
- alcohol
- coffee/tea
- gossiping
- meat/dairy
- dessert
- swearing
- sleeping late



How will you pray? (each day for the week)

- nightly examen
- journaling
- a daily office
- while commuting
- drawing/colouring
- for someone it's hard to like
- in silence
- on a walk
- over the news



How will you give?

- make a gift for someone
- \$\$ to a justice org
- used clothes/toys
- \$\$ to a service org
- make a meal for someone
- send a thank you card
- do someone's chore