

Trail Guide -- Week of March 9, 2020

During this holy season of Lent, all LUMCers are encouraged to take on the three spiritual practices – Three Pillars - of prayer, fasting, and almsgiving. We'll be sharing some creative ways to incorporate these practices individually and as a family, in our devotional, "Three Pillars of Lent". In sanctuary worship and in our homes, may the Three Pillars of prayer, fasting, and almsgiving serve to grow our faith during this holy season of Lent that began Ash Wednesday. Our Trail Guide during Lent will follow the recommended words and readings from our Three Pillars devotional. Reminder: Sundays are not included in the 40 Days of Lent. Copies of "The Three Pillars: LUMC's 2020 Lenten Devotional" may be picked up in Wesley Hall, Asbury Hall, and AG-1 & 2.

The Pillar of Prayer

- I.1 Each morning, read the word and scripture for the day, either alone or with your family.
- I.2 Think about the word throughout the day. You may want to write the word and the scripture passage on a 3x5 card to carry with you.
- I.3 Pray a short prayer inviting Jesus to your day. Ask him for grace to give you eyes to see him with you today.
- I.4 Reflect on the word and the scripture verse throughout the day. Look for examples, illustrations, inspirations, etc., that reflect the daily word. Take a picture that represents the word for you.
- I.5 At the end of the day, think back to recall where you were most aware of Christ with you. Share with family/a friend what you thought of and/or experienced during the day.
- I.6 Thank Jesus for the gift of his companionship and closeness throughout the day.

Mon, 3/9	John 7:38 – Word for today: "Water"; # of faucets
Tues, 3/10	Isaiah 53:4 – Word for today: "Suffer"; # of bandaids
Wed, 3/11	Isaiah 43:10 – Word for today: "Witness"; # of eyeglasses
Thurs, 3/12	Psalms 100:1 (KJV) – Word for today: "Noise"; # of TVs
Fri, 3/13	Isaiah 43:19 – Word for today: "Desert"; # of shoes/pairs of shoes
Sat, 3/14	Galatians 5:22-23 – Word for today: "Kindness"; # of flowers/houseplants inside

Pray for our worship, fellowship, learning, and serving on Sunday. Invite someone to join you!

The Pillar of Fasting

The second Pillar is fasting; that is, intentionally going without food or something else in order to spend time with God. One suggested "family fast" is to set aside smart phones, tablets, and computers for an agreed upon time period, once a week or even once a day.

The Pillar of Almsgiving (see daily items above)

Each day, count how many of various items you have in your home and set aside a token (representing 10c, 25c, 1 dollar, etc.), or a coin/dollar bill for each as your Lent/Easter offering for our missionaries.