

My Personal 40- Day Lenten Season Plan

Ash Wednesday, February 14 – Easter Sunday, April 1, 2018

Lent is the 40 Day season of voluntary personal **Sacrifice of your time, sleep & pleasure, material resources** undergirded by **intense** prayer and fasting with a specific goal of how you will become a better Christian and grow closer to God. To go through the sacrifices without a plan will yield you nothing. Develop specific targeted outcomes.

The true goal of Lent is **self- examination and recommitment** of your personal relationship and walk with God and fellowman (**Repentance** - ask for forgiveness). It is a trial period of engaging in more desirable spiritual habits and getting rid of unhealthy habits that may hinder our relationship or time spent with God (**Sacrifice**—what will you sacrifice – food, sleep, TV?). It's a time to **trust God** to do a new thing in your life (**Charitable giving & a New You**).

Develop an Action Plan:

A. Determine at least one goal for each of these three categories:

1. Repentance (forgiveness): _____
2. Sacrifice (what will you give up?): _____
3. Charitable act (Give money & service): _____

B. **What will you trust and believe God for** (pray for a Specific outcome): _____

C. What specific steps will you take to ensure that you meet your Lenten prayer goal(s)?

List Specific steps or strategies you plan to use to reach your goal(s). (Do you need a prayer/accountability partner?)	How often will you do this?	Outcome assessment? (<i>achieved/partially</i>)