

Beloved Community

The season of Lent is a season of fasting and preparing our hearts for Holy Week, culminating in Easter. Lent began as a season of preparation for those who would be baptized on Easter. Through prayer and fasting, they prepared both their body and soul for the sacrament of baptism. Today, we follow in this tradition by fasting or taking on a practice from Ash Wednesday through Good Friday. These 40 days (not counting Sundays) are a time to repent and turn our hearts to God.

I invite you to consider a practice for this season. Below are some examples of practices and some resources for you. If you have questions, feel free to reach out to me at mhend25@emory.edu! May we find blessings in our fasting,

Rev. Maddie

Possible Lenten Practices

Social Media Fast – Many of us spend our time scrolling endlessly on social media. Consider a full or partial fast from social media during Lent, and instead use the time in prayer or to connect with a friend in person.

40 Letters in 40 Days – Send a letter for each day of Lent. If you need help getting started with whom to write, check out [this list](#).

Daily Prayer – Daily prayer is a great practice to take on during Lent. Follow [@blackliturgies](#) on Instagram for one example. These are breath prayers by writer, speaker, and poet Cole Arthur Riley. Another resource for daily prayer is *Common Prayer for Ordinary Radicals*. This modern take on The Book of Common Prayer leads you through daily prayer with a daily scripture reading. You can read for free online at <https://commonprayer.net/> or use copies in the Interfaith Center.

Daily Devotional Reading – Similar to daily prayer, a devotional reading can ground us in this season. Kate Bowler, a professor at Duke Divinity School, has a [free Lenten devotional](#) that you can access from her website.

Fast from Food or Drink – Many people fast from a particular food or drink during Lent. Some may give up meat for all of Lent or on certain days, while others only drink water for the season or give up alcohol.

Screen Time Fast – While we cannot fully give up screen time in our world, especially as university students, faculty, or staff, we can fast from screen time that's not required. Fast from video games or TV and spend time outside instead.

Volunteer – Charity has always been a key Christian practice. During the season of Lent, consider volunteering each week and giving back to the community.