





# MY LENTEN COVENANT

We want to love God and our neighbors. We want to witness to Jesus Christ in the world through **acts of devotion, worship, compassion, and justice** guided by the Holy Spirit. We promise these things to God. So, with my brothers and sisters, I commit myself to **grow during Lent**. These acts are the means by which the Holy Spirit's sanctifying grace works within me.

## WHAT IS LENT?

Lent, the period of 40 days before Easter (excluding Sundays), begins on Ash Wednesday and ends at sundown on Holy Saturday, the evening before Easter. During Lent, we enter into a season of preparation, self-reflection, and repentance when we seek to literally “turn around” and realign our lives and focus toward God. It is a time to give up things as well as take on new life-giving practices, helping us rid ourselves of distractions and our own selfish desires. By doing so, we seek to live and love as more faithful disciples of Jesus Christ.

Sundays in Lent are not counted in the forty days because each Sunday represents a “mini-Easter” and the reverent spirit of Lent is tempered with joyful anticipation of the Resurrection.

*Lent is a time to submit to several time-honored disciplines that help you to grow in grace. On the following pages, check the disciplines you desire or feel prompted to commit yourself to observing during the next six weeks of Lent.*



## ACTS OF DEVOTION

- \_\_\_\_\_ I will commit myself to a daily time of prayer and reflection or solitude.  
The time of day I will reserve is \_\_\_\_\_.
- \_\_\_\_\_ I will read and meditate, using one of the special Lenten devotional booklets available in the sanctuary foyer.
- \_\_\_\_\_ I will read through the Gospel of Luke.
- \_\_\_\_\_ I will take one of the Lenten adult discipleship courses offered at [www.fumcaustin.org/classes](http://www.fumcaustin.org/classes).
- \_\_\_\_\_ I will keep a journal of prayer concerns, questions, and reflections on my reading.
- \_\_\_\_\_ I will take an inventory of my priorities and plan how I will reorder them.
- \_\_\_\_\_ I will go to bed earlier, to feel rested and to make time for prayer.

## ACTS OF WORSHIP

- \_\_\_\_\_ I will worship God in church every Sunday in Lent.
- \_\_\_\_\_ I will attend the following services during Holy Week:
  - \_\_\_ Palm/Passion Sunday 9:00 a.m. or 11:00 a.m.
  - \_\_\_ Maundy Thursday 12:10 p.m. or 7:30 p.m.
  - \_\_\_ Good Friday Family Service 10:30 a.m.
  - \_\_\_ Good Friday 12:10 p.m. or 7:30 p.m.
  - \_\_\_ Easter Sunday 9:00 a.m. or 11:00 a.m.
- \_\_\_\_\_ I will say the Lord's Prayer at bedtime.
- \_\_\_\_\_ I will say a prayer as a family during mealtimes.
- \_\_\_\_\_ I will sing a song of praise to God through a favorite hymn.
- \_\_\_\_\_ I will walk the labyrinth in Murchison Chapel during Holy Week.







## Accountability

- \_\_\_\_\_ I will share my intentions for Lent and experiences during Lent with at least one other person.
- \_\_\_\_\_ I will join a small discipleship accountability group for ongoing spiritual growth ([www.fumcaustin.org/smallgroups](http://www.fumcaustin.org/smallgroups)).

## A Lenten Examination of Conscience

*During the six weeks of Lent, let us ask ourselves the following questions with the intention of adopting new habits and disciplines, not just for 40 days but for every day, so that new pathways of deep change will reshape us spiritually.*

- \_\_\_\_\_ How am I growing, or not growing, in grace?
- \_\_\_\_\_ What progress am I making in gladly sharing what I have with others, particularly with the stranger and the poor?
- \_\_\_\_\_ What attitudes do I convey to those who irritate me?
- \_\_\_\_\_ How can my awareness of my own need of God's grace enable me to be more gracious to others or those who immitate me?
- \_\_\_\_\_ How has my sense of interconnectedness with the family of Christ in corporate worship grown? How can I move ahead in appreciating the contributions and needs of other members in the congregation?
- \_\_\_\_\_ When I hear someone being unjustly maligned, do I speak up, or am I a silent accomplice?
- \_\_\_\_\_ Am I neglecting prayer, the sacraments, and other means of grace?
- \_\_\_\_\_ In my prayer and in my devotional reading, am I increasing my attention span and discovering new ways of listening rather than talking, of giving thanks rather than complaining?
- \_\_\_\_\_ What unholy habits do I want to give up?
- \_\_\_\_\_ What holy habits and disciplines do I want to take on?




# EXODUS

## LENTEN WORSHIP SERIES

During Lent, we follow Jesus to the cross and beyond, to his resurrection at Easter. This year, we will connect with that journey through the story of the Exodus. As we follow the Hebrews' escape from slavery in Egypt, we will consider the parallels in our own spiritual lives and today's world. Worship with us as we join God's people on the journey to freedom!

### Book Discussion: *Sensing God During Lent*

February 11-March 25, Sundays, 12:15-2:00 p.m.

Sanctuary Building, Room 212

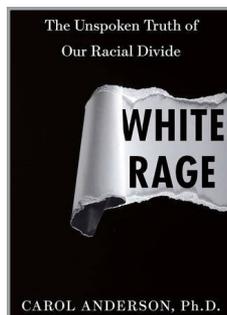
A study of Laurence Freeman's *Sensing God: Learning to Meditate During Lent* provides the opportunity for those interested in mindfulness meditation and contemplative prayer to begin or enhance this life-changing practice. Mimi Raper, former Associate Pastor at FUMC, will lead the sessions, which will include discussion of the book and a period of silence to practice contemplative prayer.

### Book Study: *White Rage*

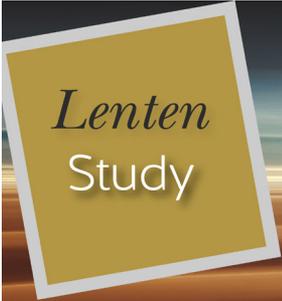
March 6-20, Tuesdays, 6:30-7:30 p.m.

La Madeleine, 5493 Brodie Lane

Join us as we read and discuss *White Rage: The Unspoken Truth of Our Racial Divide* by Carol Anderson, Ph.D. As events in Ferguson, Missouri, erupted in August 2014, and media commentators across the ideological spectrum referred to the angry response of African Americans as 'black rage,' historian Carol Anderson wrote a remarkable op-ed in the *Washington Post* showing that this was, instead, 'white rage' at work.



Register at [fumcaustin.org/classes](http://fumcaustin.org/classes).

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## Lenten Study

# MOSES

In the Footsteps of the Reluctant Prophet

*All are invited to join a Lenten small group or Sunday School class.*

### ***Moses: In the Footsteps of the Reluctant Prophet***

**February 18-March 25, Sundays, 10:00 a.m.**

**Wesley Hall, Sanctuary Building**

Retrace the life of Moses from his modest birth and rescue as a baby to the courts of Pharaoh, from herding flocks in Midian to leading his people out of Egypt. Turn your own reluctance into boldness as you examine the challenges facing Moses and how God shaped his life in powerful ways. Register at [fumcaustin.org/moses](http://fumcaustin.org/moses).

### **Small Groups**

This study runs for six weeks, always on the same day of the week and time. The last week is Holy Week. Small Groups are limited to 12 participants, so register now online at [fumcaustin.org/smallgroups](http://fumcaustin.org/smallgroups). Books can be purchased from the church office for \$15 prior to the start of the study. Address is provided after registration.

#### **NORTHWEST AUSTIN**

Tuesdays, February 20-March 27

7:30-9:00 p.m.

Host: Chip and Jan Morris  
(78759)

#### **EAST AUSTIN**

Sundays, February 18-March 25

5:00-6:30 p.m.

Host: Rebecca Leonard &  
Steven Spears (78723)

#### **SOUTH AUSTIN**

Tuesdays, February 20-March 27

7:00-8:30 p.m.

Host: Scott & Deborah Wilder  
Facilitator: Amy Wink (78749)

#### **WEST AUSTIN**

Thursdays, February 15-March 22

7:00-8:30 p.m.

Host: Mark Morris & Kathy Tullos  
(78746)

#### **CENTRAL AUSTIN**

Thursdays, February 15-March 22

6:30-8:00 p.m.

Host: Christie Wilson  
(78756)

#### **MANOR**

Tuesdays, February 20-March 27

7:00-8:30 p.m.

Host: Randolph & Cheryl Bias;  
Howard & Marijo Hartman (78653)