

# 10 WAYS to observe Lent

## FAST

- Reduce your screen time, and do something together as a family instead.
- Take one commitment off your calendar, and spend that time resting and enjoying each other's company.

## PRAY

- Pray in Color with these free [downloadables](#).
- Say this lenten prayer at meals, bedtime, or at the start of the day.  
*"God, getting ready for the mystery of Easter is big work. Help me use this time to learn how to trust and love you, as I share your love with others. Amen."*

## LISTEN

- Listen to this [Spotify Playlist](#) while you are traveling.
- Practice deep listening with family members by making eye contact, waiting for them to finish speaking before responding, and asking curious questions.

## CREATE

- Bake some pretzels while you [learn](#) about their connection to Lent and prayer.
- Make a Lenten candle wreath similar to [this one](#), and light a candle at meal time.

## BLESS

- Make a paper chain with 40 links (one for every day except Sunday) with a prayer or service action for the day.
- Bless your family members each day, with this blessing: *"God loves you. Christ is with you. The Holy Spirit helps you as we get ready for the mystery of Easter, together."*

## WANT MORE?

It's your lucky day - we curated more resources! Check out our list at <https://michiganumc.org/faith-family-playlists/10-ways-to-observe-lent-at-home/>

-Rev. Tanya Marie Eustace Campen  
Rio Texas UM Conference

-Rev. Christy Miller White  
Michigan UM Conference

-Rev. Kathy Pittenger  
Michigan UM Conference

-Rev. Melissa Collier Gephord  
Great Plains UM Conference