

These exercises are suggested ways to train your faith and draw near to Jesus. Some thoughts:

- Ask God to lead you to the practice(s) He wants you to try.
- You might try a different exercise each day, the same exercise every day, or choose a few to try throughout each week. You might experiment with different exercises each week or choose one to practice throughout the Lenten season.
- As with physical exercise, a new spiritual exercise might feel uncomfortable at first. Stick with it until you feel God inviting you to stop.
- Involve your family, small group and church community in your faith training. Please share with others your joys and struggles as you learn to draw near to Jesus!

	Fasting	Solitude	Prayer	Simplicity	Confession	Celebration
Week 1 2/15-21	Skip one meal and spend time in prayer.	Memorize Psalm 46:10 and use it as a reminder throughout the day to be still before God.	Set aside a regular time and place to pray every day.	Set a timer (20 minutes or less) and clear off one cluttered space, e.g., a junk drawer or desk top.	Invite the Holy Spirit to bring to mind sins you've committed. Confess them to the Lord and ask for His forgiveness.	Do at least one thing each day that brings you joy: sing loudly, dance freely, laugh heartily, live boldly.
Week 2 2/22-29	Drink only water and donate to charity what you would've spent on other beverages.	Carve out at least 5 minutes each day to listen to God.	Imagine Jesus walking alongside you through your day and talk to Him just like you would a friend.	Eat simple, healthy meals this week, e.g., soup and salad.	Pray through the 7 Deadly Sins and confess specific sins as God convicts you: pride, anger, lust, envy, greed, sloth and gluttony.	Celebrate God's goodness by keeping a gratitude journal.
Week 3 3/1-7	"Hunger and thirst for righteousness" – Donate to a food bank or volunteer to serve a meal at the Bay Area Rescue Mission.	Sit outside and listen for what God wants to tell you through your senses: sight, hearing, touch, taste and smell.	Light a candle and spend a set amount of time each day in silence.	Simplify your wardrobe/possessions. Keep only what you use and love and donate the rest.	At the end of each day, spend time with God: where did you notice Him? Give thanks! What kept you from noticing Him? Confess sin.	Memorize at least one Scripture about joy, e.g., Philippians 4:4 or Psalm 100.

Week 4 3/8-14	Stop comparing what you know of your life to what you see on social media – take a social media fast.	Imagine kneeling before God as you praise His wonders.	Go for a prayer walk around your neighborhood and invite God’s blessing on the homes you pass.	Prayerfully examine your schedule and cancel what you can.	Throughout the day, pray The Jesus Prayer as you breathe deeply, in and out: “Lord Jesus Christ, Son of the Living God, have mercy on me, a sinner.”	Schedule some time each day with someone who adds joy to your life.
Week 5 3/15-21	Fast from critical remarks or unsolicited advice – listen more, talk less.	Turn off the TV and read a good book.	At set times throughout the day, pray the Lord’s Prayer (Matthew 6:9-13).	Get outside as often as possible and enjoy God’s gift of creation.	Has sin caused conflict in a relationship? Confess your sin directly to that person and seek forgiveness and reconciliation.	Set aside one whole day to engage in joy-filled activities (you’ll have to plan the rest of the week accordingly).
Week 6 3/22-28	Fast from food for a day and let God sustain you. Talk with Him about trust – in what ways do you need to trust yourself less and God more? (If you have physical limitations please consult your doctor).	Turn off music/talk radio in your car or during your commute and pray in silence.	Create a prayer list – MVPC pastors and leaders; mission partners; those with physical or spiritual needs; national and world issues – and pray through it daily.	Simplify your spending: buy only what you need, shop local and make a plan to decrease any debt.	Find a safe person to hold you accountable, someone to whom you can freely say: “ <i>This</i> is the mess of my life, and I need help.”	Share joy with someone in need – serve with one of our mission partners, send an encouraging note, or surprise someone with an unexpected gift.
Week 7 3/29-4/4	Eat a plant-based diet and drink only water. Talk with God about what you notice.	Put on some worship music and sing your love to Jesus.	Pray the Psalms.	Memorize Matthew 6:19-21 – what will you do this week to store up treasures in heaven?	Attack sin: Ask God to help you identify one area of sin in your life and free you from its grasp.	With family, small group, or neighbors, plan and execute a special celebration.