

# LENT

On February 18th we enter the season of Lent, a time in the Church year where traditionally adopting a different rhythm of life helps followers of Jesus to prepare themselves for Easter - perhaps through giving up something, or taking on a new spiritual practice or discipline, or using it as a period of study. Here at St Mary's we wanted to offer you a few ideas and resources you could draw on to help you 'Go Deeper' as we approach Easter:

- **Take on the challenge of our Sermon series, and explore 'The Beauty of Holiness'.**

*Perhaps record in a prayer diary or journal your thoughts and feelings as you proceed through.*

## Holiness

- **Join one of the Home-Groups that runs throughout the year at St Mary's.** These offer a space for discipleship, prayer, and community on a regular basis, and many of them will be using the Pilgrim Course session on the 10 Commandments throughout Lent. *For more information about this speak to or email our Home-Group co-ordinator Katherine Potter: [the\\_potters@talk21.com](mailto:the_potters@talk21.com)*



- **Utilise the excellent resources produced by Winchester Diocese** to journey through Lent as an individual, exploring what it means to live as a Christian in this society. <https://winchesterlent.wordpress.com>
- **Commit to praying for a particular situation/ individual /charity over the whole of Lent.** The details of

the Charities which we support as a Church fellowship throughout the year are on the noticeboard at the back of church if you need some ideas.

- **Hunt out a “Love life, live Lent” booklet** from the web or a Christian bookshop, and work your way through as a family



- **Take part in the Horsham Churches Together Lent groups** - coming together for Lent, using a York Course called “Build on the Rock”, and looking at the question: is it wrong, or is it normal and healthy, for a Christian to have doubts? *Contact Faith Aldridge for more details: 07787 556368 or [holychatter@msn.com](mailto:holy chatter@msn.com)*

- **As a family get hold of the book “Messy Lyfe - living life with Jesus”** (available online or through Christian bookshops) and use this together “to learn how to live closer to Jesus every day using a family-friendly approach”.



- **Simply read a good book**, maybe one of the spiritual classics - and allow the Holy Spirit to lead you. *Have a look at our well stocked and up-to-date library in the Leslie room if you need some ideas or simply want to borrow a book*

With prayers for rich and wonderful blessing as you journey through Lent,

***Growing as Disciples MAP team***