

Quick Question

What's more likely to have an adverse effect on your health?

- Drinking 6 pints of beer a day
- Obesity
- Smoking 15 cigarettes a day
- Loneliness
- High blood pressure
- Sedentary lifestyle/lack of exercise

Loneliness can
increase premature
mortality up by to
65%





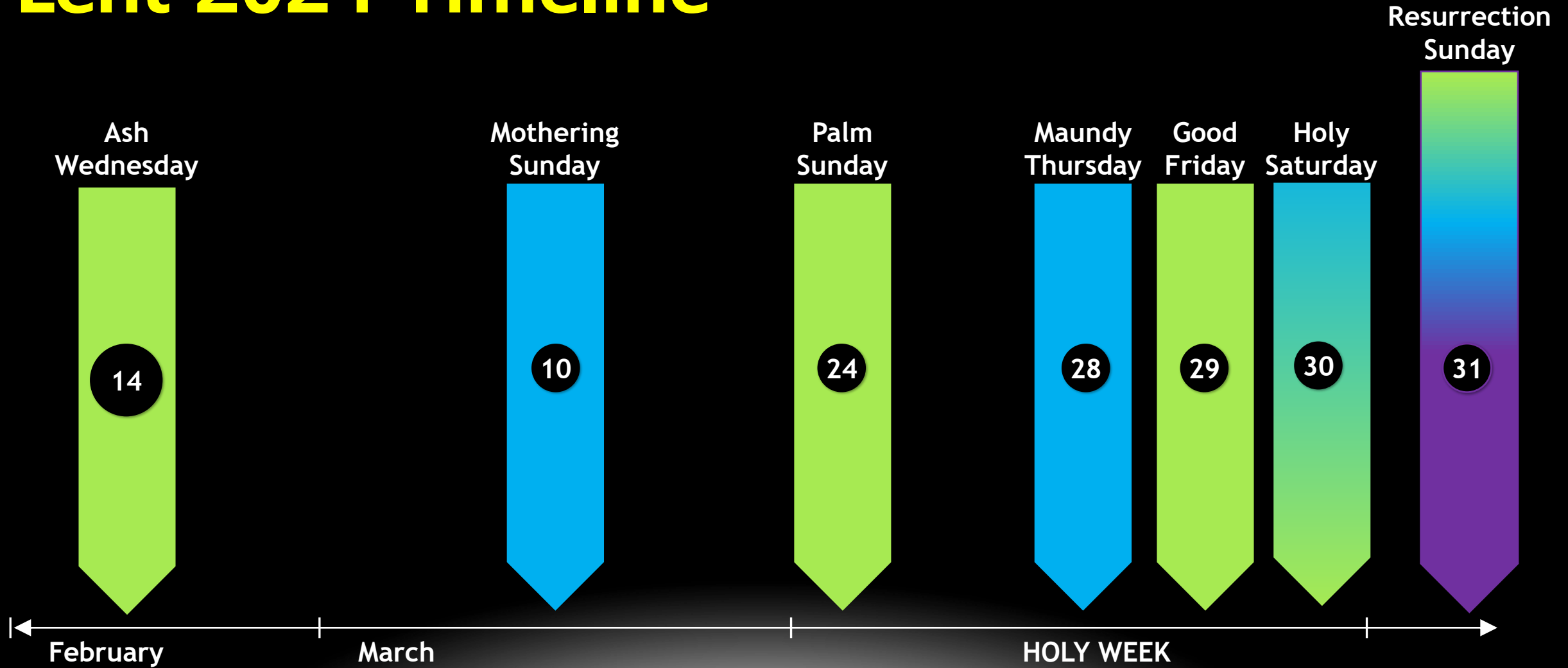
LENT

Pray | Give | Reflect | Prepare

Making Lent count

- Old English “lencten” = “spring”
- 40 days prayer and fasting, giving, reflection, preparation
- Actually 46 days but Sundays are exempt!
- A time to hit the reset button

Lent 2024 Timeline



Making Lent count

- Old English “lencten” = “spring”
 - 40 days prayer and fasting, giving, reflection, preparation
 - Actually 46 days but Sundays are exempt!
 - A time to hit the reset button
 - Give Up or Start Up?
 - Sacrifice is always costly
 - Lent doesn't need to be negative
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Making Lent count – possibilities

- Start a Bible reading plan
- Subscribe to a daily devotional
- Prioritise quality time
- Volunteer for a charity
- Find a way to serve
- Limit social media and use the time more productively
- Donate to a food bank
- Find shared interest
- Journal your blessings
- Prayer walk your community
- Repair a broken relationship
- An act of kindness every day
- Get fit and active
- Write to one of our mission partners each week
- Think the best of people
- Pray for 5 minutes extra

Make it SMART

- Specific
- Measurable
- Action-based
- Realistic
- Time-bounded

THE GOAL

- Build community
- Become Christ-like



JOURNEY TOGETHER

Quick Question 2

Five frogs are sitting on a log.
Four decide to jump off.
How many are left?

FIVE

There's a difference between
deciding to do something
and actually doing it!



“...faith by itself, if it is not accompanied by action, is dead”

James 2:17 (NIVUK)



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