

Journey with Jesus

Come Walk With Me

NAZARETH CHALLENGE

It's 65 miles between Jesus' hometown of Nazareth and Jerusalem. This is approximately 1.6 miles each day for 40 days to walk the distance of the route the Jesus preached to reach his end in Jerusalem.

Set a goal to walk 1.6 miles each day, and reflect on his ministry

JERUSALEM CHALLENGE

During Jesus' final days, his route through Jerusalem included preaching at the temple, clearing the temple, the Last Supper, his arrest at Gethsemane, his trial, His journey to Golgotha and His crucifixion. This route is approx. 2.2 miles

Set a goal to walk 2.2 miles each day and reflect on his journey.

BETHLEHEM CHALLENGE

It is 5 miles between Bethlehem and Jerusalem. This represents the purpose of Christ's time on earth.

Set a goal to walk 5 miles each day and reflect on His Life and our salvation.

If you're not currently a walker or runner, consider accepting one of the challenges to complete during Lent.

If you already do walk or run, consider adding one of these challenges to your current routine during Lent.

***Other ways* to incorporate the distance(s) in addition, or in place of, walking or running:**

-Park your car away from any store or building entrance, and use the extra steps for a time to reflect.

-When finished with your shopping, chose to take one more trip around the store and use that time for reflection

-Take the long way home, or drive around the block a few times before heading home, taking that time for reflection.

-If you prefer to swim, hike, or bike, consider adding additional time to your usual workout or routine, taking that extra effort as time for reflection.

FEBRUARY 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13	14 Valentine's Day	15
16	17 Presidents' Day	18	19	20	21	22
23	24	25	26 Attend Ash Wednesday service tonight	27 Pray for good things to happen to someone who's been unkind to you	28 Do something healthy to take care of the body God gave you	29 Commit to \$40 extra giving during Lent **

Notes

** By committing to give an extra \$40 during Lent, plan to make a one time gift, or split it between the 6 Sundays at \$6.70 each week

MARCH 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Attend worship service this morning 1	2 Plan a simple meal and remember those who don't have enough to eat	3 Do a craft or piece of art that glorifies God	4 Donate unused, but still nice, items Attend mid-week service	5 Genuinely compliment someone who's not expecting it	6 Give up television or the internet for one day	7 Read the scripture lesson for tomorrow's service
Attend worship service this morning 8	9 Thank someone who has been an influence in your life	10 Read one book of the Bible	11 Give up sweets and snacks for one day Attend mid-week service	12 Volunteer some time at a school or library or nursing home	13 Pay for someone's meal or coffee	14 Listen to religious music while doing a household chore
Attend worship service this morning 15	16 Pray for world political and religious leaders	17 Donate a bag of food to a local church	18 Read Matthew 5:17-19 and contemplate the meaning. Attend mid-week service	19 Do something to help the earth	20 Help someone with their groceries or packages	21 Have a meatless meal and reflect on those who provide our food
Attend worship service this morning 22	23 Hold the door open for someone	24 Take a walk and really enjoy God's creation	25 Let someone cut in line ahead of you Attend mid-week service	26 Give your favorite book to someone who would enjoy it	27 Give someone flowers for no particular reason	28 Write down a friend's best qualities, then give them the list
Attend worship service this morning 29	30 Take 15 minutes to really listen to someone	31 Surprise someone at the grocery store by giving the checker an extra \$10 and ask to apply to the person behind you				

Notes

Bake some goodies for a neighbor or friend

Feed someone else's parking meter

Read Luke's account of Christ's crucifixion - Luke 23:26-43

APRIL 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Surprise someone by doing a task they usually do Attend mid-week service	2 Visit an elderly friend or relative who doesn't get many visitors	3 Memorize a prayer that you don't already know by heart	4 Check in on commitment to give an extra \$40 during Lent - if short, consider getting caught up
5 PALM SUNDAY Attend worship service this morning	6 Reflect on Christ's entry into Jerusalem	7 Read Luke 24:44-48 and consider Christ's gift to us	8 Clean up a mess (without complaining) that someone else made	9 Clear your mind of all things and sit quietly with God Attend Maundy Thurs service	10 Attend Good Friday service	11 Make traditional hot cross buns
12 Invite someone to Easter Sunday service	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

Notes

Continue being mindful of our blessings, and share them in every way possible each day.
