

LITURGY BYTES

Lenten Ideas



As we enter a new month, it is time to check in and see how our Lenten disciplines are progressing. I know each year I always need to re-ignite my best of intentions. Recently, I found some assistance from something I happened upon called “A Digital Lent Guide.” I hope some of these ideas are beneficial to you.

Daily Friend Prayer – Review your contacts, and choose one “friend” each day to pray for. It is up to you if you wish to contact them or if you wish to leave a message for them on social media.

Prayerful Posts – Whether on social media or via an email, share a prayer or Scripture quote that has special meaning to you. If a contact questions your post, suggest they do the same to their contacts as a special Lenten practice.

Mobile Prayer – Get up from the chair or couch, take a walk with your phone, and pray with a Scripture passage you read.

Praying Online – Here is a great tip when praying online. Ask God to be with you, act through you, and give you patience, courage, hope, inspiration and love while you are engaged in social media that particular day.

Fasting from Cell Phone “Itis” – When in the company of others, fast from using your phone or checking it. In this way, you can give your undivided attention to the people around you.

Have a safe, blessed, and healthy week! ~~ *Michele Hahn*