

My Preparation for Easter

Lent is a time to prepare for Easter. It is a necessary prelude. The death and resurrection of Christ are true whether or not I prepare for Easter. However, without my heart and life being ready, I may not experience the depth and power of Christ's death and resurrection. So with my brothers and sisters, I commit myself to disciplines for conversion from sin and death to love and life in Jesus Christ. With the aid of the list below, I make the following commitments to discipline and growth for the next six weeks:

(Check the ones you desire or feel prompted to do; circle the ones you then decide to do.)

Inward and Personal Disciplines

- Spend time in solitude each day
- Make worship a spiritual priority for Lent
- Read a book for inner growth
- Read twice through the gospel of Mark
- Begin to keep a journal of prayer concerns, questions, reading
- Focus on thanksgiving, rather than on asking, in prayer
- Give myself a gift of three hours to do something I always say I don't have time to do
- Find a way to go to bed earlier or sleep in so I get enough rest
- Make a list of people with whom I need to be reconciled. Pray for them and let Jesus guide me in my thinking and feeling toward them
- Take control of my life by _____
- Sign up for the Good Friday prayer vigil
- Take one hour to inventory my priorities and plan how I will reorder them
- Give up a grudge or a rehearsal of a past event
- Forgive someone who has hurt me
- Dance my prayers to a favorite tape or CD
- Other promptings

Outward and Social Disciplines

- Take on some loving task
- Plan to visit a "shut-in" neighbor or church member weekly
- Write a letter of affirmation once a week to a person who has touched my life
- Seek out a spiritual retreat or spiritual mentor
- Listen and respond to Christ's call to a ministry of service
- Go to coffee or dinner with someone I want to know better
- Begin to recycle waste from my home and workplace

- ___ Give blood and recall the cross
- ___ Call Bread of Life and ask how I can help
- ___ Say "NO" to something that is a waste of money and time
- ___ Pray to God to help me resist racial prejudice and to give me courage in opposing it
- ___ Decide to become a member of the church and speak to a pastor or lay leader
- ___ Rebuke the spirit of criticism and my own tongue out of control
- ___ Find a way to live out the baptismal promise to "resist evil, injustice, and oppression" in the power and liberty God gives us by _____
- ___ Other outward and social promptings

As a way of being accountable, I will:

- ___ Share my plan with at least one other person and share with that person my experience of Lent during Holy Week

(signed) _____

(date) _____

Keep this for reference during the coming weeks.

"My Preparation for Easter" is based on an actual piece developed by Dean Benedict and the UMC in Chula Vista, California.