

Dear Brothers and Sisters in Christ,

Our Faith Formation Team invites you to observe a Holy Lent. Lent is a time of prayer, reflection, fasting, restoration, and reconciliation. It is the main form of preparation leading up to the events of Good Friday and Easter Sunday.

As encouragement to our Christ followers to participate in this journey, we are gifting each family in our congregation a forty-day devotional for Lent. It is called *Pauses for Lent*, by Trevor Hudson.

Through the use of this wonderful little book, Trevor Hudson encourages you to ask two or three others to share in your forty-day Lenten journey. A Lenten partnership, so to speak. Perhaps once a week you can get together over coffee or before church to reflect on your experiences of the daily practices and share how God may be speaking to you through the word. Some thoughts to share:

1. What roadblocks did you experience this week?
2. What joys did you experience this week?
3. What devotion (if any) stood out to you this week?
4. What devotion (if any) did you struggle with this week?
5. Where do you think God was directing you this week?

Trevor Hudson says the following "I can assure you that if you were to do this along with others, you will not waste a single day of this life-giving gift of Lent."

Our prayer is that through this Lenten devotional you will find a richer, deeper, and more vital connection to both the living Christ and one another.

In Christ, Your Faith Formation Team

Pastor Marcia Denise Harris Laura Ransom

Christine Griffin Cathy Hyland

DAILY PAUSE

Using the book "Pauses for Lent" by Trevor Hudson, we are pausing each day to reflect on one word.

Each day look at the word and reflect on it. Ask God to show you something about this word.

Take time to reflect and record your thoughts.

If you would like, share a picture, video or words on your social media.

If you are comfortable sharing, use #yumcdailypause

3/2 DUST

3/3 RETURN

3/4 CHOOSE

3/5 FAST

3/7 STILL

3/8 LOVE

3/9 LIGHT

3/10 SEE

3/11 ASK

3/12 WORDS

3/14 ABBA

3/15 BREAD

3/16 WATER

3/17 TIME

3/18 PEACEMAKER

3/19 WORLD

3/21 TREASURE

3/22 LISTEN

3/23 POOR

3/24 FORGIVEN

3/25 PEACE

3/26 REST

3/28 WEPT

3/29 BUT

3/30 WAY

3/31 FREE

4/1 SIN

4/2 ENEMIES

4/4 SERVE

4/5 MONEY

4/6 BODY

4/7 TEMPTATION

4/8 PRAY

4/9 WILL

4/11 JUDGE

4/12 STRANGER

4/13 BETRAY

4/14 PRUNE

4/15 GETHSEMANE

4/16 DIE

4/17 RISEN