

2020 "Create in me a clean heart" Lenten Commitment

I desire to take a deep dive into the wilderness journey of the Lenten Season to make space for God to create in me a clean heart and open the space for God's healing and to discover where God is leading. As a participant in this Mind-Body-Spirit cleanse, I commit to the following for 40 days:

- ___ I will surrender my efforts to change or fix other people, focusing instead on my sins.
- ___ I will surrender my personal agendas and my automatic assumptions based on alliances.
- ___ I will spend time every day reading scripture (Lenten reading schedule attached)
- ___ I will refrain from all forms of insults (verbal, written, social media)
- ___ I will refrain from watching any movie, or tv show or playing video games that celebrate a violent response to violence.
- ___ I will spend ___ (a minimum of 15) minutes a day in silence, disconnected from my phone or computer.
- ___ I will ___ eliminate or reduce to ___ minutes a day my time on social media
- ___ I will give 10% of my earnings to the church or charitable work.
- ___ I will spend ___ (a minimum of 10) minutes a day praying for my enemies.
- ___ I will take an inventory of the number of clothing items I own.
- ___ I will begin to purge unneeded items from my closet and my home.
- ___ I will refrain from shopping for unneeded items for 40 days.
- ___ I will limit myself to wearing ___ items of clothing that I will rotate through wearing for 40 days. (This number should be less than 10% of your clothing items or less than 25, whichever is less – does not include pajamas, socks or undergarments)
- ___ I will commit to sleeping ___ hours/night (based on what is healthy for your body)
- ___ I will disconnect from technology 30 minutes before I sleep.
- ___ I will eliminate or limit alcohol/recreational drug intake for 40 days.
- ___ I will eliminate or limit caffeine intake for 40 days.
- ___ I will eliminate or limit sugar intake for 40 days.
- ___ I will eliminate or limit tobacco use for 40 days.
- ___ I will spend a minimum of 20 minutes per day/3 days a week quietly in nature.
- ___ I will spend a minimum of 20 minutes per day/3 days a week exercising my body.
- ___ I will attend worship every week or will worship through livestream.
- ___ I will participate in Maundy Thursday services. (April 9, 2020 6 pm)
- ___ I will walk the stations of the cross at least once (available in the prayer garden)
- ___ I will observe Good Friday by attending the reading at church (12:15 pm) or reading
John 18:1 – 19:42
- ___ I will keep a journal of my reflections and experiences
- ___ I will share weekly with a trusted spiritual companion(s) about the struggles of this journey
- ___ I will _____
- ___ I will _____

Name _____ Date _____