

My Lenten Self-Offering
From Dust to Glory

Self-Offering of Addition

For those God is asking to add something to your spiritual life during Lent

- Add fasting.** I will fast from _____ on _____
- Add Scripture reading.** I will read _____ each day/week
- Add prayer.** I will set aside _____ minutes each day to pray
- Add silence.** I will practice silence or stillness _____
- Add worship.** I will attend _____ (midweek service, online worship, devotional time)
- Add generosity.** I will give _____ (time, money, attention) to _____
- Add service.** I will serve by _____
- Add reflection.** I will keep a journal focused on _____
- Add reconciliation.** I will seek to repair or tend a relationship with _____

Self-Offerings of Subtraction

For those God is asking to remove something to your spiritual life during Lent

- Subtract a food or drink.** I will eliminate _____
- Subtract a habit.** I will step away from _____
- Subtract noise.** I will limit _____ (media, news, podcasts, social media)
- Subtract hurry.** I will intentionally slow down by _____
- Subtract distraction.** I will reduce time spent on _____
- Subtract consumption.** I will avoid unnecessary _____
- Subtract negativity.** I will refrain from _____ (complaining, gossip, harsh speech)
- Subtract control.** I will release my need to _____
- Subtract self-reliance.** I will stop depending on _____ instead of trusting God

Look over the list. Pray. Choose what best serves your spiritual life now.