

Daily Lenten Exercise That Will Enrich Your Soul - 2014

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These exercises, one for each day of Lent, are designed for an individual. However, they are even more effective if done with a partner or a group.

Ash Wednesday, March 5

Design a Lenten Project that manifests God's Spirit in your life. Fast, that is to say, give up anything that gets in the way of your project. My project, for example, is to create dignity in the people I encounter each day. I will give up gossip, arguing, judgment and working on my own self confidence.

Thursday, March 6

Take something you haven't forgiven yourself for and thank God for it. Failure is our best teacher.

Friday, March 7

Be kind the whole day.

Saturday, March 8

Write a note to someone you love. Be specific about what you love about them.

Sunday, March 9

There are two voices inside our head: the voice of God and the voice of evil. Distinguish which voice is speaking to you. "I'm not good enough" is NOT the voice of God.

Monday, March 10

Do something special for someone anonymously.

Tuesday, March 11

Forgive someone you resent. Resentment keeps the upset in place. Forgiveness brings us into the present.

Wednesday, March 12

Celebrate your accomplishments.

Thursday, March 13

Be the possibility of thanksgiving today, i.e. thanksgiving waiting to happen. Oh - you got a flat tire? Thank you God that I have a car.

Friday, March 14

Choose not to be upset today. We automatically get upset - and we can choose not to stay there.

Saturday, March 15

Make a list of your fears. Legitimate fear is when someone points a gun at my head. Every other fear is “made up.”

Sunday, March 16

Live the whole day as a gift from God and the privilege of being blessed with life. Notice the burdens you carry.

Monday, March 17

Take two of your “enemies” and pray 5 minutes for their well being.

Tuesday, March 18

Humility is not to compare. Look for what you have in common with the people you encounter today.

Wednesday, March 19

Smile the whole day. Smiling is a shortcut to happiness.

Thursday, March 20

Happiness is a function of wanting what you have; not having what you want. Be happy.

Friday, March 21

Unexpectedly, tell someone you love them.

Saturday, March 22

Clean your car, closet, attic, basement, or something that is “junked.”

Sunday, March 23

Create the dignity of a stranger.

Monday, March 24

Don't complain the whole day.

Tuesday, March 25

Buy a baby present and give it as a gift (for no reason).

Wednesday, March 26

Call someone who is lonely.

Thursday, March 27

Be in touch with a family member you haven't spoken to recently.

Friday, March 28

You know the golden rule: Do unto others... Today follow the iron rule: Don't do for anyone else what they can do for themselves.

Saturday, March 29

Notice anyone you're "better than." "Better than" is a mental conversation underneath our upsets, i.e. "I wouldn't do that" or "I wouldn't drive that way!" (I'm better than.)

Sunday, March 30

Heal a relationship by saying "I'm sorry for our upset" regardless of the circumstances.

Monday, March 31

Honor every request with a "yes" unless it's immoral.

Tuesday, April 1

Eat healthy the whole day.

Wednesday, April 2

Notice the judgmental thoughts that are automatic and ongoing. Make sure they are not voiced (that is what does damage - not the thought.)

Thursday, April 3

Wear something colorful today.

Friday, April 4

Write a note to a teacher you know and thank them for their commitment to make this world a better place.

Saturday, April 5

Organize a "Group Hug" with family, peers, or any group. Have each person express 1 thing they love about each other.

Sunday, April 6

I am God's child. That is where my worth comes from. When I Declare It. Declare: "*I am the Beloved Child of God.*"

Monday, April 7

Be grateful the whole day.

Tuesday, April 8

Have breakfast or lunch with a friend and have the conversation be "What I love about my life."

Wednesday, April 9

Leave 5 people "larger" than when you met them.

Thursday, April 10

Wake up today with "This is the Best Day of My Life." Yesterday is gone, tomorrow isn't here. Today, Thursday, April 10, 2014 is the only Thursday, April 10, 2014 I will ever have. It is the Best Day of My Life.

Friday, April 11

Live today: “Nothing’s Personal.” If someone is upset with you, it’s about them. Not about you. We can only be “insulted” when we bring it over. Leave the insult or the anger with the person who made it. It will free you.

Saturday, April 12

Be generous the whole day: with your mouth and your money.

Sunday, April 13

One point of view: Jesus died for my sins. His passion was his suffering. Another point of view: Jesus lived for me. His passion was his commitment (like being passionate). Which point of view brings life to you?

Monday, April 14

Send flowers or a special treat to someone you love.

Tuesday, April 15

Do something for yourself that you don’t deserve.

Wednesday, April 16

Make a promise to someone with the intention of keeping it.

Thursday, April 17

Share a meal with people you love.

Friday, April 18

Accept everything that happens to you today. Everything. This isn’t to agree with, rather allow it to be just the way it is or isn’t.

Saturday, April 19

Be complete with your past. Our focus is either one that carries the past like a 200 lb. weight or something God has forgiven. Easter speaks to “new being” not “old being.”

Easter Sunday, April 20

Be joyful the whole day!