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Serenity Prayer

God,

Grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.

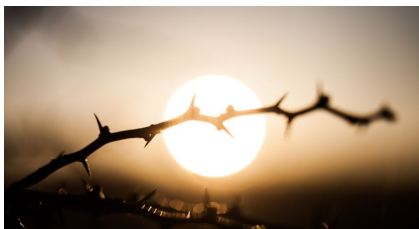
Amen.



Spiritual Practices for Lent

Lent is a season of intensified self-examination and repentance. While these practices are part of regular Christian life year-round, we give them special attention during Lent to ensure they do not devolve into mere rote activities. Here are some ways to give special attention to the work of self-examination and repentance during this season.

[Read the Article](#)



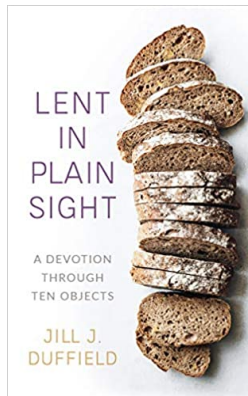
Christian History: A Short Version of the Long History of Lent

Beginning about six weeks before Easter, Lent is a time traditionally set aside for fasting, prayer, and reflection in preparation to celebrate the resurrection of Jesus Christ. It is one of the most enduring seasons in the Christian liturgical calendar with some elements dating to perhaps

earlier than the second century. While observed for centuries by Catholic, Orthodox, Lutheran, Anglican, Episcopal, and Methodist Christians (and certainly others), Lenten traditions and practices have evolved over time. Yet, in spite of a turbulent church history, to say nothing of the ebb and flow of human migration, the rise of kingdoms, the decline of empires, the essence of Lent remains largely unchanged from its earliest history. In recent years, Lent has seen a renewal among evangelical Christians who have been historically wary of some of its trappings.

So, how to tell the short version of a very long history?

[Read the Article](#)



Good Reads

Title: Lent in Plain Sight: A Devotion through Ten Objects

Author: Jill J. Duffield

In this devotion for the season of Lent, Jill J. Duffield draws readers attention to ten ordinary objects that Jesus would have encountered on his way to Jerusalem: dust, bread, the cross, coins, shoes, oil, coats, towels, thorns, and stones. In each object, readers will find meaning in the biblical account of Jesus final days. Each week, readers encounter a new object to consider through Scripture, prayer, and reflection. From Ash Wednesday to Easter, *Lent in Plain Sight* reminds Christians to open ourselves to the kingdom of God.

[Available Here](#)

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