

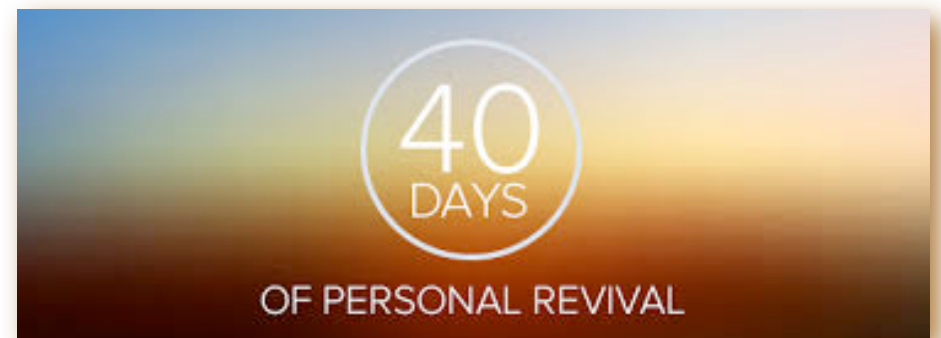
## 10 Give-Ups & Take-Ups for Teens

- Give Up snacking between meals & Take Up praying 3 times a day.
- Give UP texting. Take Up calling.
- Give Up wishing for someone else's life, relationship, or possessions. Take Up writing in a gratitude journal.
- Give Up complaining. Take Up writing in a gratitude journal.
- Give Up greed. Don't buy anything besides the essentials during Lent. Take Up donating your extra cash to someone going on a mission trip.
- Give Up gossip & being Judgmental. Take Up encouragement by saying something positive about the person who is the target of gossip.
- Give Up bitterness towards your parents. Take up thankfulness by telling your parents why you appreciate them.
- Give Up hurry in your life and slow down. Take up giving God the first 30 minutes of your day through Scripture, podcasts, or being still in His presence.
- Give Up hiding your faith from those around you. Take Up sharing with 5 people what God is doing in your life these 40 days.
- Give Up only being with your "Clique"/Social Group. Take Up investing time in getting to know someone new.

# Explore the Season of Lent

*Starting March 6th, 2019*

*The choice to observe Lent is a personal one. The whole point is to focus your heart and mind on Jesus during the journey to Easter.*



**Fast. Pray. Give.**



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## WHAT IS LENT?

Lent is the span of time in the church calendar that starts with Ash Wednesday and ends with Easter Sunday. Ash Wednesday commemorates the beginning of Jesus' 40-day fasting and temptation in the desert, and Easter Sunday commemorates Jesus' resurrection from the grave after His crucifixion.

Lent, then, is generally observed as a time for Christians to reflect, repent, and pray as a way of preparing their hearts for Easter. It is a time of self-examination and reflection. In the early church, Lent was a time to prepare new converts for baptism. Today, Christians focus on their relationship with God, often choosing to give up something or to volunteer and give of themselves for others. It is commonly observed by many Christian denominations - Catholic, Anglican, Lutheran, and others - although not every Christian Church or denomination does so.

## Why 40 Days?

By observing 40 days of Lent, Christians replicate Jesus Christ's sacrifice and withdrawal into the desert for 40 days. Lent is marked by fasting, both from food and festivities. 40 is a significant number in Jewish-Christian scripture:

- In Genesis, the flood which destroyed the earth was brought about by 40 days and nights of rain.
- The Hebrews spent 40 years in the wilderness before reaching the land promised to them by God.
- Moses fasted for 40 days before receiving the ten commandments on Mount Sinai.
- Jesus spent 40 days fasting in the wilderness in preparation for his ministry.



## 6-Day Challenge: Palm Sunday to Easter Challenge

40 days too long? Try this 6-day challenge in order to experience sacrifice and to understand what most of the world lives without everyday. Allow the experience to increase your gratitude for all that you have. **Feel free to exchange the order of the days:**

**Day One:** Sacrifice your bed (go the extra mile and give up your pillow too). Before falling asleep pray for those that have no bed/pillow to place their heads. *Scripture: Matthew 8:20*

**Day Two:** Sacrifice your Hygiene (shower, toothbrush, make-up, hairbrush, deodorant, etc.). Thank the Lord for giving us Jesus who washes us clean from our sin. *Scripture: Hebrews 10:22*

**Day Three:** Sacrifice Food. Give up a meal or meals today and use this time to feast on God's Word. *Scripture: Matthew 4:4*

**Day Four:** Live on only \$2 today (what most of the world lives on every day). Give what you would've spent to our **\*CSC Haiti Donation fund for Food & Supplies**. *Scripture: Philippians 4:19*

**Day Five:** Sacrifice your Shoes. Go barefoot today. Donate a pair of your shoes to a local shelter or a homeless person you see. *Scripture: Micah 6:8*

**Day Six:** Car. As much as possible, walk or use public transportation. Use this time to gaze upon God's creation, be thankful for your body and/or make a new friend. *Scripture: Psalm 95:4-5*

### How to give your extra funds to the Haiti Fund:

1. Text to number 84321. In the message field, enter the amount you wish to donate followed by the word "**LENT**" i.e, 25 LENT.
2. If your number isn't set up for text-to-give, a setup link will be sent back. If it is setup, you're done. Either way, simply follow the on-screen instructions.
3. For more info, or to donate online through Canyon Springs, visit [www.CanyonSprings.org/texttogive](http://www.CanyonSprings.org/texttogive)

- **Secular Music.** Change your music habits for 40 days by Giving Up your secular stations and playlists and Give your mind renewal time by only listening to Christian or Worship Music.
- **Phone/Email:** Give Up your phone (am I crazy?). How about these options: Only check your phone 3x a day (or a number that's sacrificial and reasonable) OR turn your phone off from 7pm—9am (or a longer amount of time if possible). Give texts to 3 people every day asking how you can pray for them.
- **Complaining:** Give Up complaining for 40 days. Wear a bracelet or place a 3x5 card somewhere you look often to remind yourself not to complain. Every time you complain, put a dollar in a jar. Give the money to our **\*CSC Haiti Fund**. Choose the antidote for complaining (thanksgiving) by writing in a gratitude journal for the next 40 days.

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#### **Why not spend some time with the Lord over the next 40 days with one of these devotionals?**

For the Academic: *From the Grave: A 40-Day Lent Devotional* by A.W. Tozer

For the Creative: *On Calvary's Hill: 40 Readings for the Easter Season* by Max Lucado

For the Minimalistic: *Pauses for Lent: 40 Words for 40 Days* by Trevor Hudson

#### **Are Christians REQUIRED to observe Lent?**

Because Lent is not officially instituted in Scripture, observing it isn't in any way a "requirement" of Christianity. However, Christians from many different theological persuasions choose to observe it as a way of focusing their thoughts on Jesus Christ during the Easter season.

The choice to observe Lent is a personal one—the whole point is to focus your heart and mind on Jesus during the journey to Easter. There's no requirement to observe it, nor should you feel guilty into participating. However, millions of Christians around the world do observe Lent each year; if you've never done so, why not give it a try? Whether you observe Lent in a small or major way, you'll be amazed at what happens when you devote a part of each day to reflecting on Jesus Christ and God's Word.

#### **How Can I Observe Lent?**

It's not uncommon for people to observe Lent by giving up a particular food or habit, i.e. to swear off watching television or eating candy, etc., However, Lent is about so much more than just "giving something up." It's about repentance, preparation, reflection, discipline, self-denial, reevaluation and generosity. It's an opportunity to explore how you might be able to draw closer to the Lord. That may mean giving something up in order to identify more closely with Jesus and his way of life here on earth, it may mean adding something into your life that allows you to spend time with God in prayer and through His Word. It may mean acts of service and generosity that allow you to care for people, encourage others, serve those that need help and as you build others up you join Christ in building the Kingdom of God.

If you're trying to figure out exactly what this means for you, here are some questions and resources to get you started:

## 10 Questions to Ask Yourself

1. When I wake up on Resurrection Sunday morning, how would I like to be different?
2. Is there one particular sin in my life that repeatedly gets in the way of loving God with my whole heart or loving my neighbor as myself? How do I address that sin over the next 40 days?
3. Is there anyone in my life from whom I need to ask forgiveness or pursue reconciliation?
4. What distractions most commonly interfere with my time in prayer/Scripture?
5. What spiritual discipline do I need to improve upon or want to try? Such as fasting, prayer, Bible study, stillness, simplicity, solitude, confession, worship, service.
6. What are some things in my life that I tell myself I need but I don't?
7. Why am I giving this particular thing up? How does giving it up draw me closer to God and prepare me for Easter?
8. Why am I adding this particular thing in? How does adding it into my life draw me closer to God and prepare me for Easter?
9. What am I going to tell myself when self-denial gets hard?
10. Is it necessary/helpful for me to share the nature of my fast with others or should I keep it private?

## 10 Creative Ways to Give Up AND Give Back

- **Luxury Purchases.** Do you buy too many clothes? Spend too much on dinner out? Click on Amazon too readily? Indulge with coffee, etc., Pick one type of expenditure that you'll Give Up during Lent, and then Give the money you would usually spend to **\*CSC Haiti donation fund for food & supplies for the kids during this time of unrest in Haiti.**
- **A Meal a Day.** Choose a meal a day to Give Up during Lent and Give that time to being in God's word.
- **Television Watching.** Give Up the time you spend in front of the TV and Give your presence through 40 days of letter writing, 40 acts of kindness or 40 phone calls to the important people in your life.
- **Social Media.** Give Up social media by deleting your social media apps for 40 days. Give God your extra scrolling time by listening to the 10 Steps Further Podcast or by writing in a gratitude journal, going for a prayer walk, being still or spending time in God's Word.
- **Snooze Button.** Set your alarm and Give Up hitting your snooze button when it goes off. Give Jesus the first moments of your day through prayer.
- **Your Closet.** Give Up your closet by choosing to wear the same 5 outfits (same 2 pairs of shoes) for 40 days. Do a 40-day purge of your excess stuff and Give the best of it to a local thrift store.
- **Car Noise.** For the 40 days of Lent, Give Up the noise in your car by unplugging your phone and turning off your car radio when you drive. Give God permission to speak to you in the silence.