



## GET STRONG! LENT EXERCISE PLAN

We strengthen our **bodies** with cardio, stretching, strength training and stability exercises.

Jesus gave us exercises to strengthen our **spirit** through prayer together in worship and daily in our personal lives, growth in knowledge & skill, generous giving, serving others, and reaching out with our faith stories. We gain the strength to follow Jesus with these exercises.

Track your spiritual exercises this Lent season, and get a gold star for each completed exercise on the chart at church. Earn special prizes!

### PRAY - GROUP

- 1 ☐ Ash Wednesday Worship (2/14)
- 2 ☐ Worship Week 1 (2/18)
- 3 ☐ Worship Week 2 (2/25)
- 4 ☐ Worship Week 3 (3/3)
- 5 ☐ Worship Week 4 (3/10)
- 6 ☐ Worship Week 5 (3/17)
- 7 ☐ Worship Week 6 (3/24)
- 8 ☐ Maundy Thursday Worship (3/28)
- 9 ☐ Good Friday Worship (3/29)
- 10 ☐ Worship Week 7 (3/31)

### PRAY - PERSONAL

- 11 ☐ Daily Prayer 1-7 days
- 12 ☐ Daily Prayer 8-14 days
- 13 ☐ Daily Prayer 15-21 days
- 14 ☐ Daily Prayer 22-28 days
- 15 ☐ Daily Prayer 29-35 days

- 16 ☐ Daily Prayer 36-42 days
- 17 ☐ Daily Prayer 43-47 days
- 18 ☐ 1 Minute Meditation
- 19 ☐ 2 Minute Meditation
- 20 ☐ 3 Minute Meditation
- 21 ☐ 5 Minute Meditation
- 22 ☐ 10 Minute Meditation
- 23 ☐ Take a walk outdoors with God

### GROW

- 24 ☐ Attend/Lead 1 Class/Group Sessions
- 25 ☐ Attend/Lead 3 Class/Group Sessions
- 26 ☐ Attend/Lead 6 Class/Group Sessions
- 27 ☐ Complete Building Blocks Class
- 28 ☐ What Is Holy Week Class Class/Video
- 29 ☐ Read Mark 1-3
- 30 ☐ Read Mark 4-6
- 31 ☐ Read Mark 7-9
- 32 ☐ Read Mark 10-12
- 33 ☐ Read Mark 13-16
- 34 ☐ Watch a video on Amplify Media

### GIVE

- 35 ☐ Donate once to Church
- 36 ☐ Donate once to Mission Project/Special Sunday
- 37 ☐ Donate twice to Church
- 38 ☐ Give surprise gift to someone
- 39 ☐ Donate to Church Endowment Fund
- 40 ☐ Give a dime for every year of your age

### SERVE

- 41 ☐ Volunteer once at church
- 42 ☐ Volunteer once in community
- 43 ☐ Volunteer 3 times at church
- 44 ☐ Volunteer 3 times in community
- 45 ☐ Volunteer 6 times at church
- 46 ☐ Volunteer 6 times in community
- 47 ☐ Do 10 squats holding a can of fruit in each hand, then donate the cans to the food pantry

### REACH

- 48 ☐ Invite one person to church
- 49 ☐ Invite more than one person to church
- 50 ☐ Share your faith with one person
- 51 ☐ Share your faith with 2+ people
- 52 ☐ Make video of your Jesus Story
- 53 ☐ Share one church social media post