**FIVE IDEAS FOR LENT**

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In case you still need some inspiration for Lent, here are some ideas you could find interesting. Lent isn’t only (or even mainly) about “doing things”, but I do think it’s good to plan and prepare such an important season.

 1. Crown of thorns

I found the idea of a homemade crown of thorns on several blogs. This Lent, my husband and I decided to use it as our centerpiece and take out a thorn every time one of us makes a sacrifice. I suppose you could also take out thorns for each prayer you pray. This idea appeals to me especially after reading in Mother Teresa’s diary that she used to do the same with her sisters during Advent, but with straw for the manger. “”For each little sacrifice we make, let us place a straw in the crib so that by Christmas the manger may be full of straw to keep baby Jesus warm and loved.” (source)

2. Fast from artificial light

This idea is from Jennifer at Conversion Diary and I think it’s brilliant. She talks about it here. We are so used to depending on artificial light that fasting from it during 40 days can make a huge impact. Not only does it change our schedule, making us focus more on what’s important and not extend activities into the nighttime, but it also touches upon a control issue that Jennifer talks about in the post I linked to. I say anything that makes us face our weakness and vulnerability during Lent is perfect.

3. A day of weekly silence

One “retreat” a week in which you go about your daily activities, or try to reduce them as much as possible, and try not to speak. Instead, fast from exterior noise and be more prayerful. This of course helps if everyone in your house is doing the same, and if you have as few activities outside the home as possible, but it’s beneficial even if you aren’t able to carry it out entirely. Instead of silence, you could also try to reduce activities as much as possible (not cook, let your kids be as “autonomous” as possible) and have a day of rest.

4. Read the Bible

Instead of reading the millions of other books available for Lenten reflection, why not go back to basics and pick a book of the Bible to get through during Lent. Even if it’s the half hour before you go to sleep, dedicate at least 30-60 min a day to prayerfully reading your Bible.

5. Take a weekly hike

Jesus went into the wilderness for 40 days and we can also take a hint and go into the wilderness. What better way to get closer to God than to dive into the beauty and order of the world? Plan a hike every week, rain or shine, preferably with your family. And make it a long one.

 See more at: <http://www.ignitumtoday.com/2014/03/05/five-ideas-lent/#sthash.QSnteljB.dpuf>