

# WHAT IS LENT? 4 DIFFERENT WAYS TO PRACTICE

(from the YouVersion App)



Pause for a moment and look outside. What do you see? What makes you smile?

Whatever you just described, think about this: what you saw was always there — it was just waiting for you to pause and notice it.

That's the basic purpose of Lent: to create space in the middle of life's responsibilities to appreciate what's always been there: God's presence.

*"...You are worried and troubled over so many things, but just one is needed. Mary has chosen the right thing, and it will not be taken away from her."*  
Luke 10:41-42

## ...WHAT IS LENT?

Lent is a 40-day period of stillness, focus, and repentance leading up to Resurrection Sunday. Based on Jesus' 40 days in the wilderness, Lent is an important tool that can help you stay attuned to God's voice as you reflect on His sacrificial love.



*"Be still, and know that I am God! I will be honored by every nation. I will be honored throughout the world."* Psalm 46:10

While Lent does include personal sacrifice, the goal of this time isn't to "better" your life, but to center your life on what matters most: the One who made you and died for you.



*But he was pierced for our transgressions, he was crushed for our iniquities; the punishment that brought us peace was on him, and by his wounds we are healed.* Isaiah 53:5

Lent begins today. However you choose to practice it, we hope you'll spend the next 40 days creating space in your soul to reflect on Jesus' sacrificial suffering and the power of His resurrection. Together, let's make space for what matters.

Here are 4 great ways to practice Lent:

## 1. MEMORIZE THE VERSE OF THE DAY

Our outlook on life changes when we get God's Word inside of us. If you've always wanted to memorize Scripture but were never sure where to start, commit to memorizing the Verse of the Day for 40 days!

If you start today, you'll know 40 passages by Resurrection Sunday, and you'll be well on your way to establishing a lifelong habit.

[View Verse of the Day](#)

## 2. CREATE A PRAYER LIST

Prayer is simply an honest conversation between you and God. And, it's a great discipline to begin during Lent. Becoming a person who prays confidently may take some practice, but you can get started by committing at least 10 minutes a day to prayer.

[Learn More About Prayer](#)

## 3. START A LENT DEVOTIONAL

One of the best ways to draw closer to God is by spending time in His Word. If you're not sure where to start, pick a Lent Plan in your Bible App and complete one Plan day, every day, for all 40 days of Lent.

To get the most from your Plan, set up daily reminders in Plan settings. Then, invite a few trusted friends to join you and reflect together on what God is doing in your lives.

[Find a Plan on Lent](#)

## 4. PRACTICE GENEROSITY

God modeled what generosity looks like when He sacrificed His greatest treasure for us. During the next 40 days, draw near to God through irrational generosity.

There are lots of meaningful ways you can give financially to what God is doing throughout the world. Take a moment and ask God to show you how you can bless those around you.

[Learn More About Generosity](#)