

# Experiencing Lent

2018 edition



## What's Inside:

- A Day-by-Day Bible reading plan (2 options to choose from)
- Ways to “Fast” during Lent
- Perspectives on Prayer
- FAQs about Lent
- Discussion Questions

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# A Letter from the Pastor

Friends -

Good Friday and Easter Sunday are two of the most significant events in the history of the world. And yet, with our overloaded schedules, it's easy to treat those two days as speed bumps in our hectic lives. We might slow down enough to go to church both days, but that's about it. This year we want things to be different. Since the time of the early church, Christians have used the 40 days prior to Easter -- a season called "Lent" -- as a time of preparation and reflection, a time to live differently. So we created this handout to guide you during the next 40 days. May you experience Good Friday and Easter Sunday like never before.

Here are the first three steps to take on this journey . . .

## **Step 1**

Take 15 minutes to read through this entire handout. This will give you an overview of the various spiritual practices you'll be engaging in during Lent.

## **Step 2**

Go to the store and buy a notebook. This will become your "journal" over the next 40 days. Plus, purchase a Bible if you don't currently own one, either at a local bookstore or stop by our Info Table on a Sunday in the lobby and pick up one for free!

## **Step 3**

Get out your calendar and circle **February 14th**. That is the start of Lent this year.

Thanks for joining me on this journey.

-Dan Kopp  
Lead Pastor  
The Eastside Vineyard Church  
tevchurch.org

P.S. While you can go through this journey during Lent by yourself, we believe life change happens best in the context of community. Therefore, we hope everyone locks arms with others during Lent...whether it's with your small group, your family, or a good friend. See page 9 for more details.

# FAQs

## **Isn't Lent Just a Catholic Thing?**

Nope. While the Catholic Church celebrates the season of Lent, so do many Protestants including Lutheran, Episcopal, and non-denominational churches. Lent isn't just a Catholic thing... it's a Christian thing that all followers of Jesus can participate in to prepare themselves spiritually and physically for Good Friday and Easter Sunday, the days we remember and celebrate Jesus' death and resurrection.

## **Why Couldn't I Eat Meat on Fridays When I was Growing Up?**

There is an urban legend that has circulated in years past that goes something like this: the reason Christians couldn't eat meat on Fridays was because the Pope got paid off by fish sellers. He passed a decree saying "thou shall not eat meat on Fridays" in order to sell more fish. That's simply not true. It's an urban legend. The truth is certain denominations have decided to forgo eating the flesh of animals on Fridays during Lent as a tangible reminder that Jesus sacrificed his flesh for us on Good Friday.

## **How Long Does Lent Last?**

All churches and denominations agree that the season of Lent starts on Ash Wednesday. From there it gets confusing. Some churches say Lent ends on the Thursday before Good Friday (so Good Friday, Saturday, and Easter Sunday aren't part of Lent). Other churches include those three days but say that every Sunday in the Lent isn't technically part of Lent because it is the "Lord's Day" so you shouldn't fast from anything on Sundays. Whether the season of Lent ends the day before Good Friday or whether or not it includes Sundays is not the point. The point of Lent is to intentionally set apart a season of your life to reflect and remember Jesus' death and resurrection.

## **What About Sundays during Lent?**

As the question above stated, some churches do not consider Sundays as part of Lent. So if you're fasting from some form of food or entertainment, Sunday could be a "free day" where you can *do* or *eat* or *watch* or *play* whatever you want. How you treat Sundays is up to you. Don't get legalistic about it. If you feel led by God to fast on Sundays during Lent, then fast. If you feel led by God to consider Sunday a "free day," then do that.

# Fasting 101

## What is Fasting?

Fasting is a spiritual practice found throughout the Bible where people give up or abstain from something (typically food). See Luke 5:33-34, Matthew 4:1-4, and Jonah 3:5-10 for a few examples.

## What Should I Fast From?

When people think of fasting, they typically picture giving up food for a certain amount of time. And while that is one way to do it, you can fast from all types of things . . .

- *TV* – Turn it off (and maybe your DVR too!).
- *Radio* – Stop listening to your favorite radio station when you're driving.
- *Computer* – Unplug your video game or take a break from Facebook or e-mail or the internet.
- *Certain Foods, Snacks, or Beverages* – You can give up a particular food, snack, or drink that you love whether it's pizza, chocolate, Pepsi, or whatever.
- *All Food* – You can skip one meal or not eat anything for an entire day.
- *Negative Behavior* - Ask the Holy Spirit to give you the strength and ability to fast from thoughts, words, or actions that don't honor God (e.g., judging, anger, offense, gossip, self-loathing, selfishness)

## How Often Should I Fast?

There are no rules to follow but here are some suggestions . . .

- If you choose to fast from some form of entertainment (e.g., TV, Facebook), you could do so for just one day per week during Lent or give it up altogether from now until Easter Sunday.
- If you choose to fast from food, there are a few ways to do it. If you give up all food for an entire day, you may want to do that just once or twice during Lent. If you give up a certain food, snack, or beverage it may be best to give it up for all 40 days. If you fast from one meal out of the day, you may want to do that once a week.

## What Else Should I Do?

Whatever you decide to fast from, take the time you would normally spend in that activity to love God and love others. Here are some examples how to do this. Take the time you normally would be eating (30 minutes for breakfast, lunch, and dinner) or on the computer or watching TV and spend that freed up time . . . Taking a walk in the woods. Reading your Bible individually or as a family. Serving your spouse by doing some housework. Praying. Serving the poor. Journaling. Being in community with your small group. Playing with your kids. Sitting silently.

## Perspectives on Fasting

Here are some quotations from a handful of authors to help explain what fasting is and what it does:

John Piper - "A Hunger for God" (p.10)

*"Desire for other things" – there's the enemy. And the only weapon that will triumph is a deeper hunger for God. The weakness of our hunger for God is not because he is unsavory, but because we keep ourselves stuffed with "other things." Perhaps, then, the denial of our stomach's appetite for food might express, or even increase, our soul's appetite for God.*

Richard Foster - "Celebration of Discipline" (p.60)

*Fasting can bring breakthroughs in the spiritual realm that will never happen in any other way. It is a means of God's grace and blessing . . .*

Dallas Willard - "The Spirit of the Disciplines" (p.167)

*Fasting teaches temperance or self-control and therefore teaches moderation and restraint with regard to all our fundamental drives. Since food has the pervasive place it does in our lives, the effects of fasting will be diffused throughout our personality.*

# Bible Reading 101

## How Do I Read My Bible During Lent?

There are two suggested Bible Reading Plans in this handout. Plan #1 involves reading all 4 gospels from cover to cover during Lent while Plan #2 follows the reading plan found in *The Moravian Texts* (which has been used by Christians from many different denominations since it was originally published in the 18th century.)

## How Do I Use The Bible Reading Plans?

Do not feel like you have to read every one of the passages listed in either of the Bible Reading Plans on the following pages. Success is not measured by the number of pages read. The goal is not to get through all of the chapters or verses so you can check them off of your “things to do” list. The goal is to be transformed by what we read. For example, if you feel like the Holy Spirit is nudging you to “camp out” in a particular verse or chapter -- wanting you to keep reading and re-reading the same one for several days in a row -- then do it!

## How Do I Use The Bible Reading Plan? (for Plan #2 only)

*The Moravian Daily Texts* lists 3 to 4 portions from the Bible each day. Here are a few ways to get the most out of this reading plan. Read them over and pick the one that makes the most sense to you:

- **Option 1:** Pick one category (e.g., the Psalm reading or the Gospel reading) and only read that portion each day. Ignore the rest of the categories. Act like they don't exist. Once you read your passage, get out your journal and capture your thoughts. See below for tips how to do this.
- **Option 2:** Start reading the Scriptures listed until something “hits” you. In other words, read until something really jumps out at you / where you have an “a ha” moment / where you feel convicted or inspired by what you are reading. On one day, this might happen after you read just a couple verses in Psalms. On another day, it may not happen until you get to the Gospel portion. The key is this: whenever you have this “a ha” moment, **stop** reading. Spend the rest of your time journaling, thinking, and praying about the verse or verses that impacted you.
- **Option 3:** If you are naturally a fast reader, you could do a “wide reading” approach where you read every passage listed for each day. This is beneficial as it allows you to see the “big picture” and the key themes that led the creators of *The Moravian Texts* to group the passages the way they did.

## What Questions Should I Be Asking When I Read?

As you read each passage from the Bible here are some questions to guide your thinking:

- What resonated with you?
- What were your “a ha” moments?
- What do you have questions about?
- What bothered you?
- Where was God speaking to you and what did he say?

As you read and reflect on what you read, use the notebook you purchased as your journal to capture your thoughts and answers to these questions. Use a new page in your notebook for each day of Lent. Write a few sentences or a few paragraphs each day, answering the above questions.

## What If I Miss a Day?

If you miss a day of reading, give yourself grace. If (when!) this happens, you can choose to “make up” a day by reading two days worth the following day, or simply skip the reading you missed altogether. Be sure to read the three quotes on the following page so you have the right perspective about reading the Bible during Lent.

## What if I Don't Understand What I'm Reading?

The important thing is to read each portion of Scripture slowly enough to think about and absorb what you are reading. You may even want to read a passage a few times. However, even after reading a particular passage a few times, you may be scratching your head and thinking, “Huh?” If that is the case, simply move onto the next passage listed on that day's reading. Don't get hung up on what you don't understand.

## What about Study Bibles?

It would be a great idea to purchase a Study Bible. This type of Bible contains dozens of notes on every page that explain and unpack what you are reading. A lot of times people read verses from a book like Amos or Galatians and wonder, “Who was Amos or the church in Galatia? What does this verse or that verse mean? What is the context?” Study Bibles provide those answers. Here are some recommended ones to purchase: *The Quest Study Bible*, the *CSB Study Bible*, the *NIV Study Bible*, and the *ESV Study Bible*.

## Perspectives on Bible Reading

Here are some quotations from a handful of authors about reading the Bible:

David Watson - “Fear No Evil: A Personal Struggle with Cancer” (pp.176-177)

*To begin, choose a single piece of Scripture – one “thought” of God's – that you will live with for one day . . . Take, for example, this thought from Psalm 46:10, “Be still, and know that I am God!” For one day, live with these words. Let your mind continually return to them in secret. “Today as best I can, I am going to be still. I am not going to chatter thoughtlessly. I will remember that I don't have to defend myself or make sure people think of me the way I want them to.”*

John Ortberg - “The Life You've Always Wanted” (p.187-188)

*If we feed our souls regularly on God's Word, several times each day, we should become robust spiritually just as we feed on ordinary food several times each day, and become robust physically.*

John Ortberg - “The Life You've Always Wanted” (p.190)

*Success is not measured by the number of pages read. Sometime ago I set a goal of praying through the psalms, one psalm a day . . . But a strange thing happened. I found that my goal became to get through the psalms . . . Naturally, this utterly sabotaged God's real purpose in giving the psalms in the first place. God wants to speak to us, to renew us. And if he is using one psalm, or even one word, to do this, our job is to stick with it as long as it takes to learn what we need to learn. The goal is not for us to get through the Scriptures. The goal is to get the Scriptures through us.*

# Prayer 101

## How Do I Pray During Lent?

Learning to pray is a lifelong process. You'll never be an "expert." And there are many ways to do it. During this season of Lent, consider praying for one topic each day of the week (e.g., on Monday you pray for yourself; Tuesday for personal enemies, etc.). If having a scheduled time of prayer is new to you, start by praying just five minutes per day and then go from there. Here are some specific things to pray about under each topic:

- **Yourselves:** job, finances, emotional health, that God becomes more real to you, etc. Don't ever feel selfish praying for yourself. In fact, this is a great place to start as it cultivates your relationship with God.
- **Personal Enemies:** Jesus said, "But I tell you: Love your enemies and pray for those who persecute you . . ." (Matthew 5:44). Is there someone in your life that you don't get along with, someone you don't like? Pray for them!
- **Key Relationships:** One of the best things we can do for our spouse, children, parents, and friends is pray for God's direction and influence in their lives.
- **Non-Christians:** Is there someone in your life who is not a follower of Jesus? Pray that God softens their heart, that they become open to the gospel message, that an opportunity may arise to talk about spiritual things.
- **Church:** Pray for the leaders of your church by name. Pray that God leads them as they lead the church.
- **Influencers:** Pray for the President of the United States (regardless of whether or not you voted for him) and other people of influence around the world by name.
- **The World:** Pray for peace on earth and goodwill toward all men. Pray for peace in the parts of the world where there is violence. In heaven there is no war and no bloodshed. Pray that God's Kingdom may come and His will may be done on earth as it is in heaven.

## Perspectives on Praying

Here are some quotations from a handful of authors about praying:

Greg Boyd - "Letters From A Skeptic" (pp.64-65)

*The main purpose of talking to God (that's all prayer really is) has little to do with asking for things . . . It's to build a faith-filled, loving relationship with our Creator and Redeemer. What kind of relationship would I have with [my wife] if the only time we ever talked was to make requests of each other? Not much of one, I suspect. And so it is with God. The main function of prayer is simply to be with Someone you love: to talk, to listen, or to simply "commune" with your Creator.*

John Ortberg - "The Life You've Always Wanted" (pp.94,95)

*You don't know how many people have been strengthened because you asked God to encourage them; how many people have been healed because you prayed for their bodies; how many spiritual runaways have come home because you prayed for their souls. None of us may ever know the true effects of our prayers this side of death... [But] the Bible's teaching on prayer leads overwhelmingly to one conclusion: Prayer changes things.*

## Small Group / Family Discussion

*While you can go through this journey during Lent by yourself, we believe life change happens best in the context of community. Therefore, we hope everyone locks arms with others during Lent . . . whether it's with your small group, your family, or a good friend. That way, you can share what you learn and experience over the next 40 days with others. We suggest you meet together once a week and go through the questions listed below each time you gather. It will be interesting how you answer this same list of questions differently as you progress in your Lenten journey.*

1. What are you fasting from during Lent? How is it going? How much do you miss whatever you're fasting from?
2. With all of the Bible reading you did this past week . . . What resonated with you? What were your "aha" moments? What didn't make sense? What do you have questions about? What bothered you? Where was God speaking to you and what did he say? (Note: don't feel the need to answer every one of these questions. Each person can pick one or two of these to answer as you go around the room).
3. Of all of the things you prayed for this week, which did you feel most passionate to pray about? And if God answered any of your prayers this week, share them with the group.
4. Is there something you wrote in one of your daily journal entries this week that you didn't share when you answered Questions 1, 2, or 3? Here's your chance!
5. How has engaging in the spiritual practices (Bible reading, prayer, fasting, journaling) impacted you up to this point in the 40 day journey of Lent?
6. If you attended church this past weekend, was there anything you heard in the sermon or experienced in the service that was an "aha" moment, something significant for you?

# Bible Reading Plan (Plan #1)

## The 4 Gospels

*This page contains a Bible Reading Plan for Lent. It contains a day-by-day guide so if you follow it, you will read all 4 gospels between Ash Wednesday and Easter Sunday. Each gospel paints a "portrait" of Jesus and by reading these 4 biographies back-to-back-to-back-to-back, you will gain insight and perspective into the life of Jesus like never before. See pages 6-7 for ideas how to get the most out of this reading plan. **Tip: tear out this page, fold it in half and use it as a bookmark in your Bible. That way you'll have this reading plan right at your fingertips.***

February 14 (Ash Wednesday) - Mark 1-2

February 15 - Mark 3-4

February 16 - Mark 5-6

February 17 - Mark 7-8

February 18 - Mark 9-10

February 19 - Mark 11-12

February 20 - Mark 13-14

February 21 - Mark 15

February 22 - Mark 16

February 23 - Matthew 1-2

February 24 - Matthew 3-4

February 25 - Matthew 5-7

February 26 - Matthew 8-9

February 27 - Matthew 10-11

February 28 - Matthew 12-13

March 1 - Matthew 14-15

March 2 - Matthew 16-17

March 3 - Matthew 18-19

March 4 - Matthew 20-21

March 5 - Matthew 22-23

March 6 - Matthew 24

March 7 - Matthew 25-26

March 8 - Matthew 27

March 9 - Matthew 28

March 10 - Luke 1-2

March 11 - Luke 3-4

March 12 - Luke 5-7

March 13 - Luke 8-9

March 14 - Luke 10-11

March 15 - Luke 12-13

March 16 - Luke 14-16

March 17 - Luke 17-18

March 18 - Luke 19-21

March 19 - Luke 22-23

March 20 - Luke 24

March 21 - John 1-3

March 22 - John 4-6

March 23 - John 7-9

March 24 - John 10-11

March 25 (Palm Sunday) - John 12

March 26 - John 13

March 27 - John 14

March 28 - John 15-16

March 29 - John 17-18

March 30 (Good Friday) - John 19

March 31 - John 20

April 1 (Easter Sunday) - John 21

# Bible Reading Plan (Plan #2)

## Moravian Daily Texts

*This page contains a Bible Reading Plan for Lent. It was adapted from the **Moravian Daily Texts** so you will be reading the same Scriptures that millions of Christians around the world are reading on the same day! You will all be on the same page... literally. Each day contains a portion of Scripture from the Old Testament, New Testament, and a Gospel. Do not feel like you have to read every one of them! The goal is not to get through all the verses so you can check them off of your "things to do" list. The goal is to be transformed by what we read. See pages 6-7 for ideas how to get the most out of this reading plan.*

**Tip: tear out each of the following pages one at a time and put them in your Bible. For example tear out this page, fold it in half and use it as a bookmark in your Bible for the first couple weeks of Lent. Once you complete the reading on this page, tear out the next one and put that one in your Bible. That way you'll have this reading plan right at your fingertips.**

### February 14 - Ash Wednesday

Old Testament	Joel 2:1-2, 12-17
Psalms	Psalm 51:1-17
New Testament	2 Corinthians 5:20-6:10
Gospel	Matthew 6:1-6, 16-21

### February 15

Psalms	Psalm 25:1-7
Old Testament	Genesis 44
Gospel	Matthew 15:21-28

### February 16

Psalms	Psalm 25:8-22
Old Testament	Genesis 45
Gospel	Matthew 15:29-16:4

### February 17

Psalms	Psalm 26
Old Testament	Genesis 46:1-27
Gospel	Matthew 16:5-20

### February 18 - First Sunday of Lent

Old Testament	Genesis 9:8-17
Psalms	Psalm 25:1-10
New Testament	1 Peter 3:18-22
Gospel	Mark 1:9-15

### February 19

Psalms	Psalm 27:1-6
Old Testament	Genesis 46:28-47:31
Gospel	Matthew 16:21-28

### February 20

Psalms	Psalm 27:7-14
Old Testament	Genesis 48
Gospel	Matthew 17:1-13

### February 21

Psalms	Psalm 28
Old Testament	Genesis 49
Gospel	Matthew 17:14-27

### February 22

Psalms	Psalm 29
Old Testament	Genesis 50
Gospel	Matthew 18:1-14

### February 23

Psalms	Psalm 30:1-5
Old Testament	Exodus 1:1-2:10
Gospel	Matthew 18:15-35

### February 24

Psalms	Psalm 30:6-12
Old Testament	Exodus 2:11-3:22
Gospel	Matthew 19:1-12

### February 25 - Second Sunday of Lent

Old Testament	Genesis 17:1-16
Psalms	Psalm 22:23-31
New Testament	Romans 4:13-25
Gospel	Mark 8:31-38

### February 26

Psalms	Psalm 31:1-5
Old Testament	Exodus 4:1-5:9
Gospel	Matthew 19:13-22

### February 27

Psalms	Psalm 31:6-9
Old Testament	Exodus 5:10-6:12
Gospel	Matthew 19:23-30

**February 28**

Psalms	Psalm 31:10-20
Old Testament	Exodus 6:13-7:24
Gospel	Matthew 20:1-16

**March 1**

Psalms	Psalm 31:21-24
Old Testament	Exodus 8
Gospel	Matthew 20:17-28

**March 2**

Psalms	Psalm 32
Old Testament	Exodus 9
Gospel	Matthew 20:29-21:11

**March 3**

Psalms	Psalm 33:1-5
Old Testament	Exodus 10
Gospel	Matthew 21:12-22

**March 4 - Third Sunday of Lent**

Old Testament	Exodus 20:1-17
Psalms	Psalm 19
New Testament	1 Corinthians 1:18-25
Gospel	John 2:13-22

**March 5**

Psalms	Psalm 33:6-11
Old Testament	Exodus 11:1-12:20
Gospel	Matthew 21:23-32

**March 6**

Psalms	Psalm 33:12-22
Old Testament	Exodus 12:21-51
Gospel	Matthew 21:33-46

**March 7**

Psalms	Psalm 34:1-7
Old Testament	Exodus 13:1-14:18
Gospel	Matthew 22:1-14

**March 8**

Psalms	Psalm 34:8-18
Old Testament	Exodus 14:19-15:21
Gospel	Matthew 22:15-22

**March 9**

Psalms	Psalm 34:19-22
Old Testament	Exodus 15:22-16:36
Gospel	Matthew 22:23-40

**March 10**

Psalms	Psalm 35:1-10
Old Testament	Exodus 17:1-18:6
Gospel	Matthew 22:41-23:12

**March 11 - Fourth Sunday of Lent**

Old Testament	Numbers 21:4-9
Psalms	Psalm 107
New Testament	Ephesians 2:1-10
Gospel	John 3:14-21

**March 12**

Psalms	Psalm 35:11-18
Old Testament	Exodus 18:7-19:9
Gospel	Matthew 23:13-22

**March 13**

Psalms	Psalm 35:19-28
Old Testament	Exodus 19:10-20:21
Gospel	Matthew 23:23-32

**March 14**

Psalms	Psalm 36
Old Testament	Exodus 20:22-21:27
Gospel	Matthew 23:33-39

**March 15**

Psalms	Psalm 37:1-6
Old Testament	Exodus 21:28-22:24
Gospel	Matthew 24:1-25

**March 16**

Psalms	Psalm 37:7-15
Old Testament	Exodus 22:25-23:26
Gospel	Matthew 24:26-35

**March 17**

Psalms	Psalm 37:16-22
Old Testament	Exodus 23:27-25:9
Gospel	Matthew 24:36-44

**March 18 - Fifth Sunday of Lent**

Old Testament	Jeremiah 31:31-34
Psalms	Psalms 51:1-12
New Testament	Hebrews 5:5-10
Gospel	John 12:20-33

**March 19**

Psalms	Psalms 37:23-26
Old Testament	Exodus 25:10-40
Gospel	Matthew 24:45-51

**March 20**

Psalms	Psalms 37:27-33
Old Testament	Exodus 26
Gospel	Matthew 25:1-13

**March 21**

Psalms	Psalms 37:34-40
Old Testament	Exodus 27:1-28:14
Gospel	Matthew 25:14-30

**March 22**

Psalms	Psalms 38:1-8
Old Testament	Exodus 28:15-43
Gospel	Matthew 25:31-46

**March 23**

Psalms	Psalms 38:9-16
Old Testament	Exodus 29:1-30
Gospel	Matthew 26:1-13

**March 24**

Psalms	Psalms 38:17-22
Old Testament	Exodus 29:31-30:16
Gospel	Matthew 26:14-30

**March 25 - Palm Sunday**

Old Testament	Isaiah 50:4-9
Psalms	Psalms 31:9-16
New Testament	Philippians 2:5-11
Gospel	Mark 11:1-11

**March 26 - Monday in Holy Week**

Psalms	Psalms 39:1-6
Old Testament	Exodus 30:17-31:11
Gospel	Matthew 26:31-35

**March 27 - Tuesday in Holy Week**

Psalms	Psalms 39:7-13
Old Testament	Exodus 31:12-32:29
Gospel	Matthew 26:36-46

**March 28 - Wednesday in Holy Week**

Psalms	Psalms 40:1-8
Old Testament	Exodus 32:30-33:23
Gospel	Matthew 26:47-58

**March 29 - Maundy Thursday**

Psalms	Psalms 40:9-17
Old Testament	Exodus 34
Gospel	Matthew 26:59-75

**March 30 - Good Friday**

Psalms	Psalms 41
Old Testament	Exodus 35
Gospel	Matthew 27:1-10

**March 31 - Holy Saturday (Great Sabbath)**

Psalms	Psalms 42
Old Testament	Exodus 36
Gospel	Matthew 27:11-31

**April 1 - Easter Sunday**

New Testament	Acts 10:34-43
Psalms	Psalms 118:1-24
New Testament	1 Corinthians 15:1-11
Gospel	Mark 16:1-8

# **“Helping Those Who Need Help”**

## **A List of Organizations**

*We are called to show God's love in practical ways. Here is a list of organizations where you, your family, or your small group can put your faith in action by serving the poor and those in need during the season of Lent and beyond. Note: Some organizations require an orientation or training or background checks before you can serve with them so be sure to contact them well in advance to make sure you can serve on the date you want.*

### **Your “Neighbor”**

Compassion happens best in the context of relationships. Begin with your immediate circle of relationships: co-workers, single moms, single dads, neighbors, family members, and friends. Even if they aren't homeless, how are they in need? How can you be a blessing to them? How can you show God's love in practical ways to them? (Some ideas: offer to babysit for a single parent who needs a night off // do yard work for an elderly person // provide meals for people who have a family member in the hospital // tutor a child in your neighborhood who is struggling in school). If there is no one in your immediate circle whom you can serve, contact a local charitable group as listed below. They will be able to put you to work!

### **Abigayle Ministries**

Provides shelter and support to homeless pregnant women. Call 586-323-1411 or [abigayles@abigayleministries.org](mailto:abigayles@abigayleministries.org)

### **Turning Point**

Turning Point is a growing agency that works nonstop to help people who are in violent relationships, have been sexually assaulted, or who find themselves homeless with no place to live. Go to [turningpointmacomb.org](http://turningpointmacomb.org) to find out how to volunteer.

### **God's Helping Hands**

God's Helping Hands is a community outreach facility that provides food and clothing to those in need. Located at 2191 Avon Industrial Dr, Bldg 12 Rochester Hills, MI 48309, There are many ways to help! Call: 248-852-7400 or email [info@ghhmichigan.org](mailto:info@ghhmichigan.org)

### **Forgotten Harvest**

Forgotten Harvest rescues food by collecting surplus, prepared, and perishable foods and then delivers it free of charge to emergency food providers throughout Metro Detroit. Contact: Marci Fitch 248-967-1500 x 125 or [mfitch@forgottenharvest.org](mailto:mfitch@forgottenharvest.org)

### **Hands of Hope**

Do you love kids? Why not volunteer at the daycare center for Grace Centers of Hope in Pontiac. For more info, contact: Jodie Boudreau at 248-334-2187 X 1301 or [Jslongo@gracecentersofhope.org](mailto:Jslongo@gracecentersofhope.org)

### **Crossroads Pregnancy Center**

There are many volunteer opportunities at the Crossroads Pregnancy Center in Auburn Hills. See the list at the Welcome Center in our lobby, go to [www.crossroadspregnancy.org](http://www.crossroadspregnancy.org) or contact 248-293-0070

### **CommuniD BBQ**

Help feed those who would truly be blessed by your serving! Which location you pick is up to you! As of this writing this team feed folks at 4th & Temple (Cass Corridor, Detroit), Flint Community Cookout, Hazel Park CommuniD BBQ (Hazel Park), Mt. Clemens CommuniD BBQ, Baldwin Park (Pontiac), Ann Arbor CommuniD BBQ, .5point7 Church (Detroit's East Side). Bring a dish to pass and build community! Go to [www.elevatedetroit.com](http://www.elevatedetroit.com)

### **Habitat for Humanity**

Macomb County. No experience required! You don't need to be an expert at swinging a hammer to serve with Habitat for Humanity. Contact: 586.263.1540 or [macombhabitat.org](http://macombhabitat.org)

### **CDC (Central Detroit Christian Community Development Corporation)**

Volunteers are needed several days of the week for various activities and programs. Contact: 313.873.0064 or [dfoster@detcdc.org](mailto:dfoster@detcdc.org)