

**LENT IS A SPECIAL OPPORTUNITY TO:**

**PRAY:** Think about Christ's sacrifice and renew your life. Let it be directed by God!

**ATTEND CHURCH.** Follow the beautiful lessons of the Sundays of Lent and then attend Holy Week services that culminate in the joy of Easter.

**READ THE BIBLE.** Enjoy God's story and grow closer to what He's telling us through it. Follow the Armenian Church calendar of readings as a guide or read through the four gospels: Matthew 21-27, Mark 11-15, Luke 19-28, John 12-19.

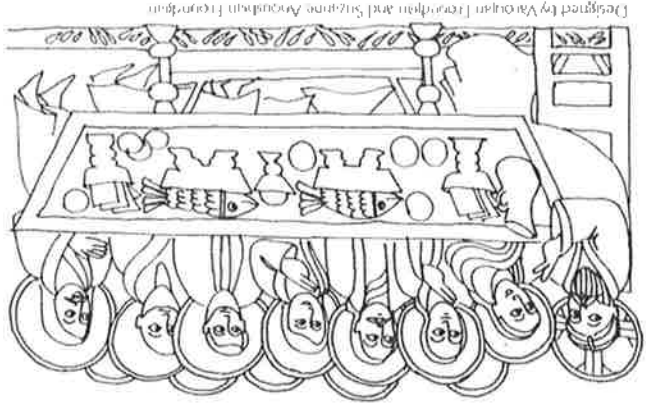
**FAST.** The Lenten practice of the Armenian Church is to avoid all meat and animal products. Do your best!

**SIMPLIFY.** Changing your habits and lifestyle is another way of focusing your attention on God and His direction for you. Spend less time shopping, watching TV, going to the movies, etc., and more time with family and friends. This reminds us of how precious life and loved ones are.

**GIVE UP SOMETHING SPECIAL.** Whether it's candy, soda, or gum, try to pick something that's become important to you. Doing without it can remind us of what's really important.

**GIVE TO CHARITY.** Almsgiving is an important Lenten discipline. Like all the others, it's not so much that this is the only time to engage in it, but it is especially important during this season of penitence and preparation. Participate in your Sunday School or church Lenten Drive. Set aside money daily or weekly for charitable causes. Use a special box or container just for that purpose.

**REFLECT ON YOUR "WEAKNESSES"** Are you impatient? Do you get angry easily? Try to change.



## HOLY WEEK AND EASTER ACTIVITIES

- W Participate in a Sunday School Palm Sunday procession in church. Read Mark 14:1-11.
- W Clean outside and inside your home as a way of preparing for the renewal of Easter.
- W Offer to help your church prepare for Easter services. Read John 12:37-58, 42-50.
- W Help prepare your home for Easter: color eggs, decorate. Read John 13:21-35.
- W Note the dates and times of Holy Week services. Invite a friend to attend with you.
- W On Easter morning be up at sunrise with your family to say a special prayer. The appearance of the sun at dawn will be a beautiful symbol of the light of Christ.
- W The day before Easter, make an Easter candle. In a large, thick white candle, stick red-headed pins in the shape of a cross. On Easter Eve and the entire week following, light the candle at mealtime as your mother or father says, "May the light of Christ shine in our hearts and direct our ways." Followed by everyone's response, "Lord, hear our prayer."
- W Read and pray over the gospel accounts of Jesus' Resurrection. Matthew 28, Mark 16, Luke 24, and John 20.

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