

Roseville Presbyterian Church

2021 Lenten Discipleship Guide and Schedule | February 17, 2021 – April 3, 2021
“Travel Light”

02.17.21 | Ash Wednesday Service

Our Lenten Journey began this past Wednesday evening with our Zoom call Ash Wednesday service. During the remaining days of the 40 days of Lent, our theme is “Travel Light.” We will study chapters 1 and 3 in the book of Daniel to reflect on the connection between self-denial, spiritual discipline, and social engagement.

Through Daniel and his three friends Hanania, Mishael, and Azariah, we are reminded that it never really takes a lot to go far and accomplish much for God. So, let’s travel light.

Wednesday Evening Zoom Bible Studies @ 7 pm.

- 02.24.21. - Take Only What Gives You Life
- 03.03.21 – Take One Day at a Time
- 03.10.21 – Walk in your unique gift
- 03.17.21 – Just One Lap
- 03.24.21 - Freedom in the Fire
- 03.31.21 – Think of the One(s)

Suggested Daily Lenten Spiritual Disciplines:

Meatless Mondays

Abstain from all Meat

Ten Dollar Tuesdays

*Spend \$10 or less for the entire day | *Bonus if you spend with an African American Business*

Water Only Wednesdays

Abstain from all beverages except water

Thrice Thursday

Pray a minimum of three times throughout the day

Fried-Not-Fridays

Abstain from all fried foods

Silent Saturdays

Spend a minimum of one hour in silent meditation

**Members are encouraged to practice these disciplines for the entirety of Lent or select one they will practice consistently for the season, or practice all of them at least once during the season.*