

Spiritual Disciplines especially appropriate for Lent.

- Daily praying the Anglican rosary. (see additional hand-outs)
- Daily study and meditation on Scripture, using a variety of resources, such as *Forward Day by Day* or any number of Apps, or internet forums: Blue Letter Bible, etc.
- Saying one or more of the Daily Offices
 1. Morning Prayer
 2. Prayers for Noon day
 3. Evening Prayer
 4. Compline
- Spending time with a Devotional (listed are examples available from Amazon)
 1. *Wondrous encounters: Scripture for Lent* Richard Rohr
 2. *Bread and Wine: Readings for Lent and Easter* C. S. Lewis and G. K Chesteron
 3. *Lent for Everyone* N. T. Wright
 4. *An invitation to a Holy Lent* Kevin Dodge
 5. *Between Midnight and Dawn, a literary approach to Lent.* Sarah Arthur
 6. There are lots more to choose from
- Practicing the Daily Examine:
 1. Become aware of God's presence
 2. Review your day with gratitude
 3. Pay attention to your emotions
 4. Choose one feature of the day and pray from it.
 5. Look forward to tomorrow.
- Making an appointment for Confession (BCP 447)
- Fasting (see <http://time.com/3714056/pope-francis-lent-2015-fasting/>)