



## 40 Words of Lent

You are invited this Lenten season to use a word a day to reflect upon using the following prompts if needed. When you hear this word:

- What Bible passages come to mind?
- What images does it evoke?
- What might God be saying to you in this word?
- Find an artistic expression of this word (art, music, dance, etc.)

Each of these words will be posted daily (except Sundays) on our Facebook page. You are invited to share comments, videos and the like with your own reflections. Pastor Jen will be sharing some of her own there.

- 1) Ashes (2/17)
- 2) Labyrinth (2/18)
- 3) Heart (2/19)
- 4) Fast (2/20)
- 5) 1<sup>st</sup> SUNDAY in Lent (2/21)
- 6) Journey (2/22)
- 7) Treasure (2/23)
- 8) Heaven (2/24)
- 9) Generous (2/25)
- 10) Lock (2/26)
- 11) Mask (2/27)
- 12) 2<sup>nd</sup> SUNDAY in Lent (2/28)
- 13) Share (3/1)
- 14) Search (3/2)
- 15) Family (3/3)
- 16) Repent (3/4)
- 17) Mind (3/5)
- 18) Mystery (3/6)
- 19) 3<sup>rd</sup> SUNDAY in Lent (3/7)
- 20) Commandments (3/8)
- 21) Know (3/9)
- 22) Kingdom (3/10)
- 23) Riches (3/11)
- 24) Wisdom (3/12)
- 25) Perfect (3/13)

- 26) 4<sup>th</sup> SUNDAY in Lent (3/14)
- 27) Worry (3/15)
- 28) Strive (3/16)
- 29) Judge (3/17)
- 30) Store (3/18)
- 31) Abundant (3/19)
- 32) Creation (3/20)
- 33) 5<sup>th</sup> SUNDAY in Lent (3/21)
- 34) Value (3/22)
- 35) Memory (3/23)
- 36) Precious (3/24)
- 37) Sacrifice (3/25)
- 38) Renew (3/26)
- 39) Follow (3/27)
- 40) PALM SUNDAY (3/28)
- 41) Gaze (3/29)
- 42) Pray (3/30)
- 43) Reject (3/31)
- 44) Meal (4/1)
- 45) Darkness (4/2)
- 46) Silence (4/3)
- 47) RESURRECTION OF OUR LORD (4/4)



# 40 Days+40 Miles+40 Dollars: Walking to End Hunger

#TLCWalkingToEndHunger #40days40miles40dollars  
#ELCAWorldHunger

Get out those walking shoes or boots or sneakers or snowshoes!

Different Lenten practices appeal to a variety of people, so here is one more that might you might be interested in for your own Lenten journey (with thanks to the Upstate NY Synod, ELCA for the idea).

Beginning Ash Wednesday, February 17, and throughout the season of **Lent**, join the **virtual walk with Pastor Jen and others in the congregation** while learning more about issues of hunger and what we can do to help. Pastor Jen will periodically share some of the stories from the ELCA World Hunger programs.

## How to participate:

1. **Make a commitment to walk at least 40 miles in the 40 days of Lent and donate \$40 to ELCA World Hunger.** You can walk in the great outdoors or just around your house as you develop this shared Lenten practice of walking, praying, and giving financially to the work of ending hunger.
  1. **Use the Word of the Day** to bring prayer and reflection into your Lenten practice.
2. **You can set your own pace and daily goals.** Challenge others to join in this practice and encourage one another along the way. Share your progress on social media using these hashtags:  
#TLCWalkingToEndHunger #40days40miles40dollars #ELCAWorldHunger
3. **Learn about the work of ELCA World Hunger** by visiting their webpage or any of their social media sites. (you can make your donation there as well). <https://www.elca.org/Our-Work/Relief-and-Development/ELCA-World-Hunger>
4. **When you reach 40 miles make your** donation either directly to the ELCA World Hunger appeal or you may also send a check to Trinity, make sure to make note that it is for ELCA World Hunger.
5. **Let us know when you have completed the challenge**

**(Please note:** 40 days of Lent does not include Sundays; however, you may still walk on those days)