

First Baptist Church

Lent Season

For Christians around the world the eight week period beginning on Shrove Tuesday and Ash Wednesday and until Good Friday and Easter is the season called Lent. First Baptist Church have set the times aside for prayer, fasting, sacrifice and reflecting on the meaning of Christ's death and Resurrection in our lives.

To assist in this process, we have created a list of Scriptures that you can read and meditate on each day. Attached are calendars for both our time of study and our time of prayer.

- 1. Pray** and ask God to reveal what He wants to show you in this Scripture.
- 2. Read** the passage slowly at least once (several times if a short passage) and allow the words to sink into your soul and revive you.
- 3. Write** down your thoughts.
- 4. Pray** again and thank God for what He has shown you and ask for the strength to surrender to His will.