



Centered on Christ
INVITING GOD INTO YOUR LENTEN PLANS

Sarah Damm





Dear Friend,

The season of Lent is upon us. Are you ready to embrace it, or are you feeling a bit uncertain about what this year's 40 days will bring?

If you are like me, I anticipate with hope the refinement and transformation that is possible during the season of Lent. *What does God have in mind for me? How will He make me a new creation?* At the same time, I worry that the next 40 days will just feel like any other 40 days. *Will I give into temptation? Will I get distracted? Will I fail Lent again this year?*

Often, I approach Lent as this ideal time to make up for all that is lacking in my life. In six short weeks, I need to increase prayer, begin fasting, detach by decluttering my entire home, grow in all the virtues, and take time to finish reading the stack of spiritual books on my nightstand.

And while each of these Lenten ideas is good, the purpose of Lent is not to accomplish a bunch of holy tasks, checking them off like items on a to-do list.


The purpose of Lent is to grow closer to Jesus. Giving something up or adding something in invites us to fall in love with Him more deeply. Our sacrifices allow us to enter into His Passion, Death, and Resurrection in an intimate way, truly encountering His deep love for us.

So, instead of striving for a successful Lent, what if we focused on being present? To Jesus? To what draws us closer to Him?

I created this mini-journal as a guide. It encourages you to invite the Lord in and keep Him (not your Lenten to-do list) at the center of the season. Take your time going through it. My prayer for you is that this Lent, is not successful but rather prayerful, peaceful, hopeful, and restful—as you fall more in love with a Savior who is already so in love with you.

Lenten blessings,

Sarah



The wilderness and the dry
land shall be glad, the
desert shall rejoice and
blossom, like the crocus it
shall blossom abundantly,
and rejoice with joy and
singing ... They shall see the
glory of the Lord, the
majesty of our God.

// ISAIAH 35

If you appreciated this journal, may I ask a favor of you? Would you share it with just one other sister in Christ, inviting her to subscribe to my emails? I would be so grateful! Thank you!
sarahdamm.com