

The number '40' is rendered in a white, hand-drawn outline style. The '4' has a thick vertical stem and a horizontal crossbar that tapers to the right. The '0' is a simple oval shape with a thick outline.

Spiritual refocus ...  
Resources  
for the 40 days of Lent



### Try one of these this Lent:

Set aside an hour this week to go at a different pace. Go through it slowly. Relish every moment, every taste, every colour, every smile. Slowly get ready for eternity.

Stare at the stars. Remind yourself of the scale of the project on which God is working.

As strangers and passerbys flit through your life try to look at them with a pure eye, "Where is God in this and what is God saying?"

Examine your ambitions. Which will have an impact on earth and which in eternity? Which need to increase and which need to be humbled?

Lie down and picture yourself as a small child. Introduce yourself to Jesus and find out what he says.

Think back to what you were doing five years ago. Make a list of things that have improved in your life since then. Thank God.

Treat yourself to something to make yourself feel younger (haircut or clothes, exercise). As you do, surrender what you have gained and lost with passing time.

By a newspaper today. Read it to pray about places and situations you have never prayed about before.

Write what you'd rather forget on a card. Stick it in an envelope, post it to Jesus and throw it away.

Fetch your wallet or purse and completely empty it onto a table - money, photographs, cards, information, everything! What do the contents reveal about your priorities, relationships, values and generosity? What could you change in the way you organise your money to make giving a joy?

Go out into the world and be good! Be outrageously good! Make people's heads turn. Add value to people's lives. Do it secretly, so that no one knows where it is coming from. Make this a way of scattering the darkness and, in the company of Jesus, enjoying the light.

Adapted and reproduced by permission, from:  
Peter Graystone, *Detox Your Spiritual Life in 40 Days*,  
Canterbury Press Norwich, 2004

