

# *Spiritual Practices for Lent*

J G B P L P Z F M S L S T E  
J A E R C S C B J B U J R K  
Y A F A G C O X M W Z U F I  
A M V Y R E F L E C T I O N  
C B R E J U D B D P N O R D  
J O U R N A L L I N G B E N  
W U M Q W Y R R T F G C A E  
A A O M Q Y C Q A W I E D S  
D S L M I S D R T F V M I S  
I A R K A T F U I S I O N Q  
X P I A I L M R O T N A G D  
P S I L E N C E N Y G X U Y  
L N Y B Y A G J N A T U R E  
C T F A S T I N G T V H M J

COMMITMENT  
DAILY  
FASTING  
GIVING  
JOURNALLING

KINDNESS  
MEDITATION  
NATURE  
PRAYER  
READING

REFLECTION  
SACRIFICE  
SCRIPTURE  
SILENCE  
WALKING

