

# LENT 2026

South Mecklenburg Presbyterian Church

## Spiritual Practices/Means of Grace Bingo

|   |   |   |   |   |
|---|---|---|---|---|
| Spent time in Prayer  | Attend Sunday morning worship service(s)  | Read or heard Scripture   | Glorify God through music (singing a hymn, youth choir/ youth bells etc)  | Shared my story of faith or testimony about my journey of faith to someone else |
| Confessed my sins to God  | Made a gratitude list (wrote down thoughts, prayers, or things I am thankful for) | Did a Service project   | Slowly trace your finger through a finger labyrinth or maze. Pray, "God, guide my steps" a few times. Listen for God's direction, guidance, or call (discernment practice). | Encouraged someone else to do God's work or follow God's call                   |
| Did something that reflected loving God and loving our neighbors as ourselves                         | Listened to someone when they needed it most                                      |                  | Memorized a Bible Verse   | Took a walk in God's creation to reflect and spend time with God                |
| Practiced forgiveness by forgiving someone or showing them God's grace                                | Reading / Journaling (took some time to do this)                                  | Combined physical movement with a spiritual focus (such as yoga, mindfulness stuff, breathing work) | Read, "Be still and know that I am God." (Psalm 46:10) a couple times and spent time slowing down and being still with God  | Color or doodle through art to connect with God                                 |
| Served as a greeter one Sunday before worship reflecting the hospitality, welcome, and love of Christ | Showed love, compassion, care, and hospitality to a neighbor or friend in need    | Participated in the Sacraments of Communion and Baptism   | Spent some time in silence and solitude with God instead of on a screen or device (iPhone/ iPad)  | Do a daily devotion or participate in a bible study with a group                |