

A low-angle photograph of a rocky coastline. The foreground is dominated by large, textured, light-colored rocks. In the background, a bright sun flare is visible, creating a strong lens flare effect that illuminates the scene. The word "lent" is overlaid in a large, grey, sans-serif font, centered horizontally and partially obscured by the sun flare.

lent

## WEEK 5: March 29- April 1; Shopping for non-essentials

Consider fasting from shopping for anything that is not absolutely necessary this week. Reflect on the ways that God has provided for your every need. You could choose to start a list of God's provision in your life, spend time praying for God to help you remember that He is your ultimate sustainer and giver of life or find small ways to be generous toward others in gratitude for what the Lord has given to you.

### Prayer of Increase

Lord increase our passion to serve. Increase our awareness of those around us and to see opportunities to serve. In our families and in our friends show us where we can be of service.