

LENT – A SEASON OF SELF-DENIAL

Traditionally, the Lent season focuses on three areas of spiritual development:

1. PRAYER

2. FASTING

3. CHARITABLE GIVING

Together these three aspects add up to creating a spirit of self-denial in order to honor Jesus' act of self-denial on the cross. During this season of Self-Denial, why not choose to focus on World Services Self-Denial. We can practice these three forms of self-denial to partner globally for the sake of the gospel.

1. PRAY for our Partner in Mission territories, and the countries where our Overseas Personnel are serving (use the attached calendar to guide you)
2. FAST from some expense that isn't necessary in your life.
3. GIVE the money you've saved from "fasting" to World Services Self-Denial campaign.

Instead of making a to-DO list this Lenten season, choose to BE a global partner with our worldwide Salvation Army family.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Need ideas for prayer?		Caribbean PIM:	Antigua	Bahamas	Barbados	Belize
Use:	French Guiana	Grenada	Guyana	Haiti	Jamaica	St. Kitts
Prayercast.com	St. Lucia	St. Maarten	St. Vincent	Suriname	Trinidad & Tobago	Turks & Caicos
	Congo (Brazzaville) Partner in Mission	India SE PIM	Kenya East PIM	Sri Lanka PIM	South Korea <i>Cpts. Jung</i>	United Kingdom <i>Cpts. Mucha/Beatty</i>
	Chile <i>Cpts. Marin</i>	Colombia <i>Comms. Heatwole – Latin America North</i>	Costa Rica	Cuba	Dominican Republic	El Salvador
	Guatemala	Honduras	Nicaragua	Panama	Venezuela	Argentina <i>Majors DeJesus Cols. Davisson – South America East</i>
	Paraguay	Uruguay	Bahrain <i>Majs. Ferguson Middle East Region</i>	Kuwait	Oman	United Arab Emirates

Inspired by: <https://www.ignatianspirituality.com/how-to-prepare-for-lent/>



WORLD SERVICES | **SELF DENIAL**

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