

# Living Lent in Lockdown

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This year some people are so busy with work and children they just don't know how to get a break. Some have nothing to do – every day the same – no cubs, no social events, no church.

## **Everyone can live Lent during lockdown.**

I am committing myself to 4 things during Lent and I am asking you to do the same. I am here to help:

- **Exercise**

In 2019 I did not have the time to exercise. I was completely unfit, unable to run 100m. I took up the Couch to 5k and I am running 5k 3 times a week. If I can do it almost anyone can. I am committed to running 100km over Lent. Our bodies are the temple of the Holy Spirit. What are you going to do?

- **Pray**

Jonathan leads us in prayer every weekday morning at 9am on Zoom. You can join us. Just click [here](#) and download the service sheet – the Zoom link is embedded.

I am going to pray the Lord's prayer in its simplest form at some point during the day every day. It will only take me a couple of minutes – give it a go.

- **Study**

Some of us have studied Rowan Williams' little book [Being Christian](#) and it is great. I am inviting anyone to join me thinking through the four chapters either on a Thursday evening at 8pm or Fridays at 2pm. Join me. Each session will be no longer than 45 minutes.

I am also going to take a fresh look at Philippians and invite you to join me. 9pm on Thursdays and 3pm on Fridays.

- **Living in harmony with creation**

Lent is often about giving some food up. This year I am going to ensure I have three plant-based food days a week – I normally have two. I am doing this for greater harmony with nature and a step to reduce my carbon footprint. I aim to make this permanent.

## Links:

### Being Christian Study –

Thursdays at 8pm - Starting February 25.

<https://us02web.zoom.us/j/88235669326>

Fridays at 2pm - Starting February 26

<https://us02web.zoom.us/j/88978010315>

### Philippians – A fresh look at an exciting letter

Thursdays at 9pm - Starting February 25

<https://us02web.zoom.us/j/88235669326>

Fridays at 3pm - Starting February 26

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# What to Expect

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## Being Christian Study –

Rowan Williams introduces four key elements of what it is to be Christian:

- Baptism
- Bible
- Eucharist
- Prayer

It is great if you can have read the book, but Phil will give a quick summary and keep you up to speed if you have not. We will start slowly and split chapter 1 'Baptism' between weeks 1 and 2 and then really get going into what is a very exciting book.

It will get you thinking, discussing and in the end it will get you praying.

Thursdays at 8pm.

<https://us02web.zoom.us/j/88235669326>

Fridays at 2pm

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## Philippians – A fresh look at an exciting letter

Paul wrote many letters, but this one is special. He wrote it from Rome, just before he was killed, and sent it to his partner church in Philippi in Macedonia.

It tells us about Paul, it tells us about mission, but most of all it tells us about Jesus and how we are to imitate him. You don't need to know anything to participate – just join in the discussion.

We will have 5 sessions:

1. Who was Paul and who were the Philippians and why was he writing to them?
2. Life, death and lockdown. (Chapter 1)
3. Humility – imitating Christ (Chapter 2)
4. Divisions in the Church and society and what to do? (Chapter 3 to 4:9)
5. Money and generosity (Chapter 4:10-23)

It will get you excited by Paul and by his partners in Philippi and it will get you thinking about what it means to imitate Christ in partnership with others.

Thursdays at 9pm

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