

Lent Week 2: Poor

These activities are based around the traditional “3 Pillars” of Lent: Prayer, Fasting and Service/ Almsgiving. The pillars are rotated throughout the week with simple activities. All the activities are suggestions. Modify them for your family.

This week we will focus our prayers, fasts and service on those living in poverty in our community and around the world.

Monday: pray

Activity: *Pray the prayer of confession and ask God to reveal His heart for the poor to you.*

Read: John 3:1-21

Tuesday: fast

Activity: *As many people around the world live on only one cup of rice a day, eat only one cup of rice today*

Read: John 3:22-36

Wednesday: serve

Activity: *Buy or find 5+ non-perishable items for Round Rock Serving Center. See their website for the latest needs: www.rrasc.org/services/ or Sign up for the Round Rock City Work Day to help bring relief to those affected by the Winter Storm (<https://bit.ly/3uhxKwj>)*

Read: John 4:1-42

Thursday: pray

Activity: *Read Matthew 25:31-46 and pray the Prayer for the Poor*

Read: John 4:43-54

Friday: fast

Activity: *Eat only low cost foods today...canned, boxed, convenience store, etc... Nothing organic or that you could get at Whole Foods.*

Read: John 5:1-29

Saturday: serve

Activity: *Deliver your food bank items to Round Rock Serving Center/ Participate in the City Work Day*

Read: John 5:30-47

Prayer of Confession:

Most merciful God, I confess that I have sinned against you in thought, word, and deed, by what I have done, and by what I have left undone.

I have not loved you with my whole heart; I have not loved my neighbors as myself. I am truly sorry and I humbly repent.

For the sake of your Son Jesus Christ, have mercy on me and forgive me; that I may delight in your will, and walk in your ways, to the glory of your Name.

Show me your ways, teach me how to serve those in need around me and lead me along your paths of righteousness. Amen.

Prayer for the Poor:

God of justice,
open our eyes
to see you in the face of the poor.
Open our ears
to hear you in the cries of the exploited.
Open our mouths
to defend you in the public squares
as well as in private deeds.
Remind us that what we do
to the least ones,
we do to you.
Amen.

Response to Winter Storm:

Round Rock City Work Day: <https://bit.ly/3uhxKwj>
Austin Disaster Relief Network <https://adrn.org/>

