

## Giving Up Ignoring God for Lent 2020

As disciples of Jesus we have an invitation to be with him (Mark 3:14) and a promise that he will be with us (Matt 28:20). So we can be confident of God's presence with us through every minute of every day. However, many of us aren't aware of God through every minute of every day. God is present but we are unaware.

This year we are encouraging everyone in our church to 'give up ignoring God' for Lent by using these 40 days to **Cultivate a more Consistent Awareness of Christ with us**. In history this has been called 'practicing the presence of God'. It is a form of 'praying without ceasing (1 Thes 5:17), and another way to describe setting our hearts and minds on things above (Col 3:1-4).

This is a habit we can all improve (it is not about perfection or competition)

There are three things that will help us during lent:

1. **Focus:** set aside times each day to read the gospels - this fills our mind with accurate information about what Christ is like. Here are two ways to read parts of the gospels each day:
  - a. Read a large chunk - several chapters - to give you a bigger picture of Jesus' life and ministry.
  - b. Pick a small section of a gospel and read it over several times, imagining the scene, thinking about how different people in the scene would have thought and felt.
2. **Frequency:** Experiment with the different suggestions of how to cultivate an awareness of Christ contained within Frank Laubach's 'The game with minutes'
3. **Friends:** gather together with a few friends to go on this journey together to encourage each other and keep each other accountable - you could meet together once a week to read the gospels and share what experiments you have been trying and plan to try; or you could simply create a WhatsApp/Messenger group and share similar things online.

Download the YouVersion Bible app ([iOS app Store](#) or [Google Playstore](#)) to engage with the gospels in different ways:

- select from a wide range of translations - **reading** a new translation can bring familiar passages to life.
- **listen** to audio recordings of the gospels (You can switch the Audio Bible to an Anglicised version if you prefer).
- **watch** videos of the gospels - tap on the 'more' tab in the app and chose 'video' to access videos of the gospels including the classic Jesus film (based on the gospel of Luke) as well as more recent dramatisations of Matthew, Mark, Luke, and John from the Lumo Project.

Who will I share this journey with?	
How will we share (in person, online...)?	
When will we share?	

Date	When will I read/listen/watch part of the gospels today?	Large Chunk/ Small section	What experiments from The Game with Minutes or other sources will I try today?	My Reflections on the Day
Wed-26-Feb				
Thu-27-Feb				
Fri-28-Feb				
Sat-29-Feb				
Sun-1-Mar				
Mon-2-Mar				
Tue-3-Mar				
Wed-4-Mar				
Thu-5-Mar				
Fri-6-Mar				
Sat-7-Mar				
Sun-8-Mar				
Mon-9-Mar				
Tue-10-Mar				
Wed-11-Mar				
Thu-12-Mar				

Date	When will I read/listen/watch part of the gospels today?	Large Chunk/ Small section	What experiments from The Game with Minutes or other sources will I try today?	My Reflections on the Day
Fri-13-Mar				
Sat-14-Mar				
Sun-15-Mar				
Mon-16-Mar				
Tue-17-Mar				
Wed-18-Mar				
Thu-19-Mar				
Fri-20-Mar				
Sat-21-Mar				
Sun-22-Mar				
Mon-23-Mar				
Tue-24-Mar				
Wed-25-Mar				
Thu-26-Mar				
Fri-27-Mar				
Sat-28-Mar				

Date	When will I read/listen/watch part of the gospels today?	Large Chunk/ Small section	What experiments from The Game with Minutes or other sources will I try today?	My Reflections on the Day
Sun-29-Mar				
Mon-30-Mar				
Tue-31-Mar				
Wed-1-Apr				
Thu-2-Apr				
Fri-3-Apr				
Sat-4-Apr				
Sun-5-Apr				
Mon-6-Apr				
Tue-7-Apr				
Wed-8-Apr				
Thu-9-Apr				
Fri-10-Apr				
Sat-11-Apr				